

Roasted Beet and Kale Salad

There's so much to love about this roasted beet salad! Especially the homemade balsamic vinaigrette it's tossed with.

PREP TIME: 15 mins COOK TIME: 1 hr

TOTAL TIME: 1 hr 15 mins

COURSE: Salad CUISINE: American



5 from 3 votes

KEYWORD: Beet Salad, Kale Salad, Roasted Beet Salad SERVINGS: 4

CALORIES: 259kcal AUTHOR: Lisa Bryan

Ingredients

- 268 g roughly chopped kale
- 2 medium beets
- 60.61 g dried cranberries
- 58.5 g roughly chopped walnuts
- 56.7 g goat cheese
- 59 g balsamic vinaigrette

Instructions

1. Preheat the oven to 400°F (200°C). Trim the tops off the beets, leaving about 1 to 2 inches of stem, and then gently wash the beets.
2. Place the beets in a small Dutch oven or a casserole dish with a lid. Bake them covered for 1 hour, or until the beets are tender and pierced easily with a fork. Let them cool to the touch.
3. Slice the remaining stem completely off, then place the beets under running water, and use your fingers to gently rub off the skin. You can use gloves to prevent staining your fingers, or alternatively, you can use a paper towel to remove the skin. Then slice each beet into smaller pieces.
4. In a large mixing bowl, add the kale, sliced beets, cranberries, walnuts, and goat cheese. Drizzle with balsamic vinaigrette and toss together.
5. Transfer the salad to a serving bowl, and if you'd like, top it with a little extra sprinkle of goat cheese (as the tossed goat cheese turns pink) or chopped walnuts before serving.

Notes

- If you'd like to soften and reduce the bitterness of kale, make sure to massage it with your hands before adding it to this salad!

Nutrition

Calories: 259kcal | Carbohydrates: 20g | Protein: 6g | Fat: 18g | Saturated Fat: 4g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 2g | Cholesterol: 7mg | Sodium: 229mg | Potassium: 282mg | Fiber: 4g | Sugar: 15g | Vitamin A: 2261IU | Vitamin C: 22mg | Calcium: 97mg | Iron: 1mg