

Roasted Beet Salad

yield: 4 SERVINGS

INGREDIENTS:

- 4 medium beets, peeled and cubed
- 4 ½ teaspoons olive oil, divided
- Salt and pepper, to taste
- 1 tablespoon fresh squeezed orange juice
- 1 tablespoon fresh squeezed lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- A pinch of salt
- A pinch of pepper
- 6 cups Spring Mix (or other baby greens or spinach lettuce blend)
- 2 ounces crumbled goat cheese
- 8 teaspoons chopped walnuts

DIRECTIONS:

1. Pre-heat the oven to 400. Line a baking sheet with a silicone mat or parchment paper. Place the chopped beets in a mixing bowl and drizzle with 1 ½ teaspoons of the olive oil. Stir to coat and transfer to the prepared baking sheet. Spread out into a single layer and sprinkle with salt and pepper to taste. Place in the oven and roast for 40 minutes.
2. In a mixing bowl, stir or whisk together the remaining tablespoon of olive oil, the orange juice, lemon juice, vinegar, honey, salt and pepper until well combined.
3. To build the each salad*, toss 1 ½ cups (lightly packed) of greens in a tablespoon of the dressing and transfer onto a plate. Top with ¼ of the beets and sprinkle ½ an ounce of goat cheese and two teaspoons of walnuts over each salad.

*Build each salad to serve! If you're serving all the salads at once then feel free to just mix everything together and divide into four servings. If you're only serving one or two salads, dress the ones you're serving and store the remaining dressing in an airtight container in the fridge.

MYWW SMARTPOINTS PER SERVING: (SP calculated using the recipe builder on [weightwatchers.com](http://www.weightwatchers.com))

Green: 4 SmartPoints/ Blue: 4 SmartPoints/ Purple: 4 SmartPoints

WEIGHT WATCHERS POINTS PLUS:

5 per serving (PP calculated using a [Weight Watchers PointsPlus calculator](#) and the nutrition info below)

NUTRITION INFORMATION:

171 calories, 13 g carbs, 8 g sugars, 12 g fat, 3 g saturated fat, 6 g protein, 4 g fiber (from myfitnesspal.com)

an Emily Bites Original



[Back](#)

[Click to Print](#)