

Roasted Beet and Walnut Salad

Sodium Per Serving – 95mg

Serves 10

2 tbsp balsamic vinegar or red wine vinegar*

2 tbsp extra virgin olive oil

1 tsp Dijon-style mustard

1 tsp sugar or sugar substitute

6–8 beets, roasted and cubed (about 5–6 cups)

1/2 cup chopped walnuts

2 oz Stilton cheese or other blue cheese, crumbled*

1. *To roast beets:* Wash and trim beets (do not peel) and either wrap each in aluminum foil or place in a baking dish with 2 cups water and cover. Bake in a preheated oven at 425°F (220°C) for 45 minutes to 1 hour (depending on size).
 2. When cool enough to handle, remove skin and cut into cubes.
 3. Blend together the vinegar, oil, mustard, and sweetener either by whisking in a small bowl or by shaking well in a screw-top jar.
 4. In a large bowl, combine beets and dressing: chill at least 30 minutes. Before serving, mix in walnuts and cheese.
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NUTRITIONAL INFO PER SERVING: Calories 106, Fat 9g (Saturated Fat 2g), Cholesterol 6mg, Carbohydrates 6g (Fiber 2g, Sugar 3g), Sodium 95mg

*Recipe Notes

1. Balsamic adds a robust flavor, while red wine vinegar is more subtle. Stilton is milder and firmer than other blue cheeses, plus it has much less sodium, 220mg per oz (Gorgonzola has 350mg, Blue has 395mg, and Roquefort, 513mg).