

# Beet Salad with Creamy Goat Cheese Dressing



*Beets and goat cheese are a classic combination and you can make this salad a complete meal by adding your favorite protein, like roasted chicken.*

|                                   |                                   |                                    |
|-----------------------------------|-----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>4 SERVINGS</b> | <b>PREP TIME</b><br><b>15 MIN</b> | <b>TOTAL TIME</b><br><b>45 MIN</b> |
|-----------------------------------|-----------------------------------|------------------------------------|

## INGREDIENTS

*For the Dressing:*

|        |                                    |
|--------|------------------------------------|
| ½ cup  | Goat Cheese (4 oz. log)            |
| ¼ cup  | Buttermilk, low-fat                |
| 1 Tbsp | Apple cider Vinegar                |
| 1 each | Lemon, zested and juiced           |
| 3 Tbsp | Olive Oil                          |
| 1 tsp  | Dill, dried                        |
| ½ tsp  | Garlic Powder or Granulated Garlic |
| Pinch  | Cayenne Pepper                     |

*For the Salad:*

|        |  |
|--------|--|
| 6 cups | Arugula, Spinach, or Mixed Greens (5.5 oz. bag)                        |
| 2 each | Roasted Beets (see separate recipe – about ½ batch)                    |
| ¼ cup  | Spiced Pecans (see separate recipe) or your favorite Nut/Seed, toasted |

## CHEF'S NOTES

This dressing recipe is a great way to use up leftover buttermilk by combining it with tangy goat cheese to make a creamy, satisfying homemade dressing that's perfect for salads as well as dipping vegetables.

Buttermilk will last in the fridge for longer than other milk products, due to the presence of lactic acid which prevents unwanted bacterial growth.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Allow the goat cheese to come to room temperature.
3. Using a wooden spoon, mix the goat cheese with the buttermilk until well combined.
4. Add the lemon zest and juice, vinegar and oil. Whisk to combine, adding a little water, as needed, until the desired consistency is reached.
5. Add the dill, garlic powder, and cayenne and stir to combine. Allow the dressing to sit 10-20 minutes before using, to allow the flavors to blend.
6. Assemble the salad by adding the arugula to a large bowl. Top with the roasted beets (cut into wedges or sliced), and spiced pecans. Drizzle in about ½ cup of the dressing and toss to combine.
7. Store leftover dressing in a sealed container in the refrigerator for 3-5 days.

**Nutrition for Dressed Salad:**

| <b>Nutrition Facts</b>   |            |
|--|------------|
| 4 servings per container   |            |
| <b>Serving Size</b> 1.5 cup greens with toppings and 2 Tbsp dressing (122 g) |            |
| <b>Amount per serving</b>  |            |
| <b>Calories</b>  | <b>160</b> |
| <b>% Daily Value *</b>   |            |
| <b>Total Fat 13g</b>   | <b>16%</b> |
| Saturated Fat 3g   | <b>14%</b> |
| <i>Trans</i> Fat 0g  |            |
| <b>Cholesterol 5mg</b>   | <b>0%</b>  |
| <b>Sodium 270mg</b>  | <b>12%</b> |
| <b>Total Carbohydrate 8g</b>   | <b>3%</b>  |
| Dietary Fiber 3g   | <b>10%</b> |
| Total Sugars 5g  |            |
| Includes 0g Added Sugars   | <b>0%</b>  |
| <b>Protein 5g</b>  | <b>9%</b>  |
| Vitamin D 0.04mcg  | 0%         |
| Calcium 90mg   | 7%         |
| Iron 1mg   | 7%         |
| Potassium 300mg  | 7%         |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Nutrition for Dressing Only:**

| <b>Nutrition Facts</b>                 |                      |
|--|----------------------|
| 8 servings per container               |                      |
| <b>Serving Size</b>                    | <b>2 Tbsp (36 g)</b> |
| <b>Amount per serving</b>              |                      |
| <b>Calories</b>                        | <b>90</b>            |
| <b>% Daily Value *</b>                 |                      |
| <b>Total Fat 8g</b>                    | <b>11%</b>           |
| Saturated Fat 3g                       | <b>14%</b>           |
| <i>Trans</i> Fat 0g                    |                      |
| <b>Cholesterol 5mg</b>                 | <b>2%</b>            |
| <b>Sodium 80mg</b>                     | <b>3%</b>            |
| <b>Total Carbohydrate less than 1g</b> | <b>0%</b>            |
| Dietary Fiber 0g                       | <b>0%</b>            |
| Total Sugars less than 1g              |                      |
| Includes 0g Added Sugars               | <b>0%</b>            |
| <b>Protein 3g</b>                      | <b>6%</b>            |
| Vitamin D 0.06mcg                      | 0%                   |
| Calcium 30mg                           | 2%                   |
| Iron 0.34mg                            | 0%                   |
| Potassium 28mg                         | 0%                   |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

