

# Pickled Beet & Goat Cheese Salad



*This fresh and flavorful salad featuring the classic combination of beets and goat cheese is rounded out with crunchy pistachios and a tangy balsamic dressing.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>10 MIN</b>
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## INGREDIENTS

*For the Dressing:*

2 Tbsp	Extra Virgin Olive Oil
2 Tbsp	Balsamic Vinegar
½ tsp	Dijon Mustard
1 clove	Garlic, fresh, minced
1/8 tsp	Black Pepper, ground

*For the Salad:*

6 cups	Arugula or Spinach/Mixed Greens (about 5 oz.)
6 oz.	Pickled Beets, chopped (about 4 medium beets)
2 oz.	Goat Cheese, crumbled
¼ cup	Pistachios or Slivered Almonds, chopped

## CHEF'S NOTES

Beets are one of the best sources of an amino acid called betaine. Consuming betaine has been shown to have potential benefits for fighting heart disease, improving digestion, and promoting muscle gain.

Turn this salad into a complete meal by adding your favorite protein like grilled or chicken or roasted chickpeas.

We love the pickled beets sold at the ReFresh Market by local vendor, Dera Duplessis AKA "Mama D" – she makes a variety of delicious and unique sweet and savory pickles, jams, jellies, preserves, and salsas. Check her out on Mondays from 3-6pm at 2606 St. Louis St., right around the corner from GCCM!

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small bowl or jar, combine the extra virgin olive oil, balsamic vinegar, Dijon mustard, garlic, salt and pepper. Whisk well, or cover the jar with a lid and shake to combine.
3. In a large bowl, combine arugula, beets, goat cheese, and pistachios.
4. Drizzle dressing over the salad. Toss and enjoy!

# Nutrition Facts

4 servings per container

**Serving** 1 1/2 cups salad with 1 Tbsp

**Size** dressing (111 g)

Amount per serving

**Calories** **180**

**% Daily Value \***

**Total Fat 14g** **18%**

Saturated Fat 3.5g **18%**

*Trans* Fat 0g

**Cholesterol 5mg** **2%**

**Sodium 170mg** **7%**

**Total Carbohydrate 9g** **3%**

Dietary Fiber 1g **5%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein 5g** **10%**

Vitamin D 0.05mcg 0%

Calcium 80mg 6%

Iron 1mg 6%

Potassium 300mg 6%

\*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.

