

Beet And Lentil Citrus Salad

Prep Time	20 mins
Total Time	1 hr
Meal Type	Lunch,Dinner
Contributed By	
Source	Living Plate
Servings	4



Salad

Ingredients

lb,c g,ml

- 4 Large beets, *washed and trimmed*
- 1/2 cup Beluga (black) lentils, *rinsed* Can use canned lentils
- 2 oranges, *peeled and segmented*
- 4 scallions, *sliced on bias*
- 2 Tbs pistachios, *chopped*
- 4 cups arugula

Directions

Make

1. Preheat oven 425°F. Wrap beets in aluminum foil and roast until tender when pierced with a fork, about 40 minutes. Remove from oven and set aside to cool.
2. Add lentils to medium sauce pan, cover with water and bring to a boil. Reduce heat and simmer, uncovered, until tender but not mushy, about 20 minutes. Drain and put in a bowl.
3. Once beets are cool enough to handle, unwrap and, using a dry paper towel, "wipe" off skin. Cut into bite-sized wedges.
4. In a large bowl, mix ½ vinaigrette with arugula.
5. Top salad with beets, lentils, oranges, scallions, and pistachios.
6. Drizzle remaining vinaigrette over salad.

Vinaigrette

Ingredients

lb,c g,ml

- 6 Tbs white balsamic vinegar
- 2 Cloves garlic, *minced*
- 2 tsp maple syrup
- 1 tsp miso paste
- 2 Tbs olive oil
- 1 1/2 tsp Dijon mustard

Directions

Make

1. Place all ingredients for dressing in mason jar and shake vigorously until combined.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	272	Total Fat 9.2g	14%	Total Carbohydrates 39g	13%
		Saturated Fat 1.3g	6%	Dietary Fiber 7g	28%
		Trans Fat 0.0g		Total Sugars 17g	
		Cholesterol 0mg	0%	Protein 10g	
		Sodium 183mg	7%		
		Vitamin D 0mcg 0% · Calcium 101mg 10% · Iron 3mg 17% · Potassium 713mg 15%			

* The percent 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.

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