



ROASTED BEET & PLUM SALAD WITH HONEY BALSAMIC VINAIGRETTE

I LOVE beets! They are so earthy & YUMMY! Plus they are an excellent source of fiber, folate (vitamin B9), manganese, potassium, iron, & vitamin C.



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INGREDIENTS

- 3 beets, cut leaves & wash, peel skin (or leave skin for more earthy flavor)
- 1 tbsp. olive or avocado oil
- sea salt
- 2 plums, pitted, sliced into wedges
- 2-3 handfuls of lettuce
- 1/2 zucchini julienned (or use carrot shredder)

Honey Balsamic Vinaigrette

- 3 tbsp. honey
- 3 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- salt & pepper to taste

Options:

- Add feta or goat cheese
- Add walnuts, toasted or raw
- Just eat the beets topped drizzled vinaigrette for a great side dish, just serve all warm
- To get purple off your hands from beets. Try baking soda & water, rub hands vigorously- you may have to do it a few times

**TOTAL TIME: 60 MINUTES
(INCLUDES BAKING BEETS)**

Let me know what you think!
xo Nicole

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DIRECTIONS

1. Pre-heat oven to 375 F.
2. Peel skins (or not), cut in half lengthwise; cut into 1/4-inch slices.
3. Place beets in a large mixing bowl; toss with 1 tbsp. olive oil & sea salt.
4. Arrange beets in a single layer on baking sheet.
5. Bake until beets are firm, but easily pierced with a fork, about 45-55 minutes.
6. Let cool.

Honey Balsamic Vinaigrette:

1. In small saucepan whisk together 1 tbsp. olive oil, balsamic vinegar & honey, salt & pepper.
2. Bring to a rolling boil over medium-high heat. (Don't boil too long!!)
3. As soon as it boils, remove from heat, let cool.

Salad: (while beets cook)

1. Prep veggies & plums (feel free to add others!).
2. Add them & cooled beets to a pretty bowl.
3. Drizzle Vinaigrette over salad & mix.
4. Serve while smiling 😊!