



### **Baby Kale Dinner Salad with Shredded Beets, Walnuts, and Feta Cheese**

- 5 to 6 medium fresh beets with greens
- 2 Tablespoons lemon juice
- 1 Tablespoon water
- 6 Tablespoons extra virgin olive oil, divided
- 2 Tablespoons pear infused white balsamic vinegar
- 1 Tablespoon light Agave
- 1 teaspoon Dijon mustard
- 1 (4.5 oz.) package all natural Baby Kale
- 1/2 cup chopped red onion
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped toasted or candied walnuts

Cut off beet leaves; tear off soft leaves; set aside. Peel the beets; cut into chunks to place in food processor with a shredding disk. Fine shred the beets. Place in medium sized bowl; stir in lemon juice and water.

Place 1 Tablespoon oil in 10 inch nonstick skillet. Cook over medium to medium low heat until tender, about 10 to 12 minutes. Set aside.

Meanwhile, in medium bowl, add 4 Tablespoons olive oil, vinegar, agave, and Dijon mustard; whisk together. Place washed baby kale in large bowl; toss with half of dressing; set aside kale and remaining dressing.

Place 1 Tablespoon oil in 10 inch nonstick skillet, sauté onion until softened; stir in torn beet greens; cook about 1 minute to soften. Set aside.

To serve: Place dressed baby kale leaves on large platter. Spoon a circle of shredded beets over the kale; top the beets with the onion mixture. Top with combined crumbled feta cheese and chopped walnuts. Lightly drizzle dressing over as desired.

Serve room temperature. Serves: 6

**Recipe inspired by:** Tracy Cooley made this recipe easier by shredding the beets. She also serves these as a veggie side dish with just a tablespoons of lemon.

**Cook's Note:** I like to wear a pair of kitchen gloves when working with the beets.

**About this Recipe:** This salad, served with a layered look, is elegant enough for that company dinner. Using shredded beets makes it an easy recipe to prepare. It also can be tossed together in a large salad bowl for an informal dinner.

## **Candied Walnuts**

### **Ingredients**

1/2 cup broken or coarse chopped walnuts

1 Tablespoon granulated sugar

1 Tbsp unsalted butter or olive oil

### **Instructions**

Heat a medium non-stick skillet over medium heat, add 1/2 cup walnuts, 1 Tablespoon granulated sugar and 1 Tbsp butter.

Heat over medium heat, stirring frequently. When the sugar mixture starts melting, stir constantly until all sugar is melted and nuts are coated.

Remove onto a sheet of parchment paper or greased dish and separate the nuts right away. Let cool before serving.