

Beet, Blue Cheese and Almond Salad

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Servings: 6

7 medium (2-1/2 pounds) beets
1 small clove garlic
Kosher salt
3 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
3/4 teaspoon ground black pepper
8 ounces creamy blue cheese
2 ounces Marcona almonds
1 tablespoon fresh flat-leaf Italian
parsley, chopped

Preparation Time: 25 minutes

Cook Time: 20 minutes

Trim and peel the beets. Cut six beets in bite-size pieces. Place in a steamer rack over a pot of boiling water. Cover the pot and steam for 20 to 25 minutes until tender.

Coarsely grate the remaining beet. Place in a large bowl.

For the dressing: Mash the garlic with a pinch of salt to a paste. Add to the grated beet along with the oil, lemon juice, one teaspoon of salt and the pepper. When the beets are cooked, toss them with the dressing. Cool to room temperature.

Crumble the blue cheese over the salad and sprinkle with the almonds and parsley.

Per Serving (excluding unknown items): 104 Calories; 7g Fat (57.4% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 1 1/2 Fat.

Salads

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 104 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 57.4% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 36.6% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 6.0% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 7g | Folacin (mcg): | 105mcg |
| Saturated Fat (g): | 1g | Niacin (mg): | trace |

Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 10g
Dietary Fiber (g): 3g
Protein (g): 2g
Sodium (mg): 75mg
Potassium (mg): 323mg
Calcium (mg): 18mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 38IU
Vitamin A (r.e.): 4RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 104 **Calories from Fat:** 59

% Daily Values*

| | | |
|----------------------------|------|-----|
| Total Fat | 7g | 11% |
| Saturated Fat | 1g | 5% |
| Cholesterol | 0mg | 0% |
| Sodium | 75mg | 3% |
| Total Carbohydrates | 10g | 3% |
| Dietary Fiber | 3g | 11% |
| Protein | 2g | |
| Vitamin A | | 1% |
| Vitamin C | | 12% |
| Calcium | | 2% |
| Iron | | 5% |

* Percent Daily Values are based on a 2000 calorie diet.