

# **Roasted Beet, Apple and White Bean Salad**

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Family Circle Magazine - Spring 2012

**Servings: 4**

**Preparation Time: 25 minutes**

**Bake Time: 35 minutes**

**3 beets (about one pound with leaves trimmed), halved**  
**2 tablespoons olive oil**  
**1/8 teaspoon salt**  
**1/4 teaspoon pepper, divided**  
**3 tablespoons balsamic vinegar**  
**2 teaspoons Dijon mustard**  
**1 shallot, finely diced**  
**1/4 teaspoon salt**  
**1/3 cup olive oil**  
**1 bunch (1 pound) kale, tough stems removed and sliced in 1/4-inch strips**  
**1 can (15 oz) cannellini beans, drained and rinsed**  
**1 Granny Smith apple, thinly sliced**  
**1/2 cup diced ricotta salata or crumbled feta cheese**

Preheat the oven to 425 degrees.

In a bowl, toss the beets in two tablespoons of the olive oil, 1/8 teaspoon of salt and 1/8 teaspoon of pepper.

Seal the beets inside a large section of aluminum foil. Place the foil-wrapped beets on a baking sheet.

Bake for 35 minutes or until knife-tender. Allow to cool a bit. Remove the skins with a paper towel or gloves. Cut into 1/2-inch pieces.

Meanwhile, make the dressing. In a medium bowl, combine the vinegar, mustard, shallot, 1/4 teaspoon of salt and remaining 1/8 teaspoon of pepper. Slowly whisk in 1/2 cup of olive oil.

Toss the kale with half the dressing.

Arrange on a platter with the beets, beans and apple.

Scatter the cheese on top and drizzle with the remaining dressing.

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Per Serving (excluding unknown items): 415 Calories; 25g Fat (53.1% calories from fat); 13g Protein; 37g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 245mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 Fat; 0 Other Carbohydrates.