



BLUE ZONES RECIPE

KALE SALAD WITH ROASTED BEETS



INGREDIENTS:

- 1 Large Bunch Kale
(About 1 and 1/2 Pounds)
- 4-5 Small Beets (red and/or golden)
- 1/2 C Walnuts
- 1/2 C Goat Cheese

INSTRUCTIONS:

1. To roast beets, peel and cut into bite size pieces. Spray a cookie sheet with olive oil and place beets on sheet. Spray top of beets with olive oil. Salt if desired. Bake at 400 degrees until pieces are soft, about 20-30 minutes.
2. Wash and dry kale and tear into small pieces (about 1")
3. Massage Kale with olive oil to soften (take a handful of kale and 1 tsp olive oil and massage with the oil). Throw into a serving bowl when done and continue until all the kale is massaged.
4. Place 2 tsp butter in nonstick skillet. Melt butter on a low flame, add 2 TBSP sugar and stir until blended. Add walnuts and stir continually until coated and warmed through. Be careful not to burn.

Combine all ingredients and toss:

Salad Dressing
1/4 C Balsamic
1/2 C olive oil

2 TBSP maple syrup
1 tsp Dijon Mustard
Salt and pepper sparingly

