

WINTER FLAVOR



Dijon Salmon with Roasted Beet Salad

Add a splash of color to your table with beets this winter season. These round warriors are stocked with health boosters like folate, fiber, phytonutrients and antioxidants. At a mere 35 calories per medium-sized beet, try countless ways to prepare and serve these vegetables. Sample the golden variety, too, and don't forget the beet greens. Use them as you would any hearty, leafy green.

SERVES: 4

INGREDIENTS:

4 medium	Beets, trimmed (reserve greens for later use)
To taste	Salt and pepper
2 cloves	Garlic, minced
1 tsp	Olive oil
2 tbsp	Dijon mustard
Four 5 oz	Salmon filets
6 cups	Arugula (or other green)
1	Orange, juiced and zested
1 tbsp	Olive oil
2 tbsp	Balsamic vinegar

DIRECTIONS:

1. Preheat oven to 350° F. Scrub beets to remove dirt, spray a piece of foil with cooking spray, season with salt and pepper, wrap beets in foil, place on baking sheet and roast in oven 40-60 minutes (depending on size) or until fork tender. Once cooked, allow beets to cool to touch and remove skin. Set aside.
2. Mix together the garlic, 1 tsp oil and Dijon mustard. Line a baking sheet with foil and spray with cooking spray. Place salmon filets skin-side down, season with salt and pepper and coat with Dijon mixture. Bake for 15-20 minutes or until fish flakes.
3. Meanwhile, slice beets into wedges or thin circles. Distribute the arugula evenly among plates. Top with roasted beets and 1 salmon filet per plate.
4. Whisk together the orange juice, zest, olive oil and balsamic vinegar. Drizzle over each salad to serve.

ALTERNATIVES:

- Make a beet side salad with orange slices, fennel and goat cheese.
- Shred beets into a slaw with cabbage, carrots, scallions and other veggies.
- Steam beets and greens and serve as a simple and colorful side. Drizzle with a little olive oil and lemon.
- Roast beets with winter produce like sweet potatoes, parsnips, butternut squash, turnips and onions.
- Add beets to any soup, stew or chili recipe.
- Pickle beets using a low- or no-sugar recipe for a sandwich or salad topping.
- Add beet puree to healthier baked-good recipes for muffins, pancakes, bread and even occasional treats like cake and brownies.

