

The Healthy Cook

Peppery arugula, Belgian endive, and other punchy greens are right at home in this salad, which uses a tangy mustard dressing to balance out the sweet beets. It's a satisfying stunner!

Beet Salad with Mustard Vinaigrette

 SERVES 4

- 1 Tbs. whole-grain mustard
- 1 small shallot, thinly sliced
- 1 Tbs. red wine vinegar
- 2 Tbs. extra-virgin olive oil
- 1 tsp. orange zest
- ¼ tsp. kosher salt
- 1 lb. cooked red and/or yellow beets, cut into wedges
- 2 cups salad greens
- ½ cup cooked wheat berries or farro



1. Make the dressing: In a medium bowl, whisk together the mustard, shallot, vinegar, oil, orange zest, and salt.
2. Arrange the beets and salad greens on a platter or salad plates.
3. Sprinkle with the wheat berries.
4. Spoon the dressing over the salad.

PER SERVING (1 cup): calories 140 | total fat 7 g | sat fat 1 g | carbs 18 g
fiber 3 g | total sugar 10 g | added sugar 0 g | protein 3 g | sodium 290 mg