

Beet Salad with Watercress Drizzle

With sweet ruby-red beets covered in a tangy emerald green dressing topped with crunchy golden walnuts, this salad boasts all the colors of the finest jewels, and tastes just as lustrous.

4 medium beets, with root and 1 inch of the green attached, if possible

¼ cup walnut pieces

4 cups watercress, trimmed of thick stems

3 oz fresh goat cheese, preferably reduced-fat

1 ½ cup lowfat buttermilk

1 ½ tsp white wine vinegar

¼ teaspoon salt, plus more to taste

Freshly ground black pepper to taste

Put the beets in a steamer basket over a large pot of boiling water. Cover and steam until the beets are tender, about 45 minutes. Or rub them with a little olive oil, wrap them in aluminum foil, and roast in a roasting pan at 400°F for about 1 ½ hours. Either way, let the beets cook until you can handle them. Cut the ends off and peel them (the peel should rub off easily with a little help from a paring knife) and cut them into a large dice.

Toast the walnuts in a small dry skillet over medium-high heat until fragrant, 3 to 5 minutes, stirring frequently, and set aside.

Put the watercress, goat cheese, buttermilk, vinegar, and salt in a food processor and process until smooth and creamy.

Put the beets on a serving dish, drizzle the watercress sauce on top, and sprinkle with walnuts. Season with salt and pepper and serve immediately.



Serves: 4 (1 cup beets, 3 Tbsp. sauce and 1 Tbsp. walnuts)

Per Serving: 140 calories, 8 g fat, 6 g protein, 12 g carbohydrate, 3 grams fiber, and 350 mg sodium