

Black and Red Salad with Walnuts and Goat Cheese

¼ cup walnut pieces

½ head red leaf lettuce (5 oz)

1 bunch beets with greens (1/4 #)

2 ripe black plums

½ cup blackberries

3 Tbsp extra-virgin olive oil

3 Tbsp red wine vinegar

1 tsp honey

¼ tsp salt

¼ tsp freshly ground black pepper

*2 oz plain or black pepper soft
goat cheese (chevre)*

Toast the walnuts in a small dry skillet over medium-high heat, stirring frequently, until warm and fragrant, 3-4 minutes.

Transfer to a plate to cool.

Tear the lettuce leaves into bite-sized pieces and arrange on a serving platter.

Cut the beet greens off the beetroots. Remove the leaves from the stalks, discarding the stalks. Slice the leaves into thin ribbons and arrange on top of the lettuce on the platter.

Peel 2 medium beets or 1 very large beet, then grate on the largest holes of a box grater. (Save the remaining beets for another use.) Slice each plum into 12 thin wedges. Arrange on the shredded beets, plums and blackberries on top of the lettuce and beet greens.

In a small bowl, whisk together the oil, vinegar, honey, salt and pepper and drizzle on the salad. Crumble the goat cheese on top and sprinkle with the walnuts.

Size: 1 ½ cups (4 servings)

Calories 250, Fat 19 g (Sat Fat- 4 g, Mono Fat -9.5 g, Poly- 4.7 g), Protein 6 grams, CHO 17 g, Fiber 4 g, Sodium 270 mg