

## **Orange Roasted Beet Arugula Salad**

Makes 4 servings

2 large beets

1 navel orange

1 tablespoon olive oil

2 teaspoons balsamic vinegar

3 tablespoons orange juice

1 teaspoon Dijon mustard

1 pinch sea salt

1 pinch ground black pepper

2 bunches arugula, washed well and dried

### **Directions**

1. Wash beets.

2. Boil beets on medium high. Pierce with the tip of a sharp knife to test for tenderness. Remove from stove; when cool enough to handle, rub off skins. Slice into chunks. (Save the beet juice to use in soups or stews).

3. While beets are boiling, slice off ends of orange with a sharp knife. Peel and break into segments. Cut each segment into 2–3 pieces. Set aside.

4. Once beets have cooled, whisk together olive oil, balsamic vinegar, orange juice, Dijon mustard, sea salt and black pepper.

5. In a large bowl, add arugula and toss with dressing. Add beets and oranges, and toss again. Serve immediately.

### **Nutrition (per serving):**

Calories: 84

Fat (g): 4

Sat. Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 103

Carbohydrates (g): 12

Fiber (g): 3

Protein (g): 2