

## COOKING DEMO

# Apple, Beet, and Gorgonzola Salad

Autumn means local orchards are filled with hundreds of varieties of crisp and delicious apples. Rich gorgonzola is paired with the sweetness of apples and beets and topped with balsamic vinaigrette.



## Ingredients:

### Salad

- ¼ cup chopped walnuts
- 1 head of chopped butter lettuce (or other greens of your choice)
- 1 cup roasted beets, sliced into wedges (see bonus recipe)
- 1 tart apple (cored and thinly sliced)
- ¼ cup crumbled Gorgonzola cheese

### Dressing

- 2 Tbsp. balsamic vinegar
- ½ tsp. minced garlic
- ½ tsp. Dijon mustard
- 3 Tbsp. olive oil
- ¼ tsp. ground black pepper



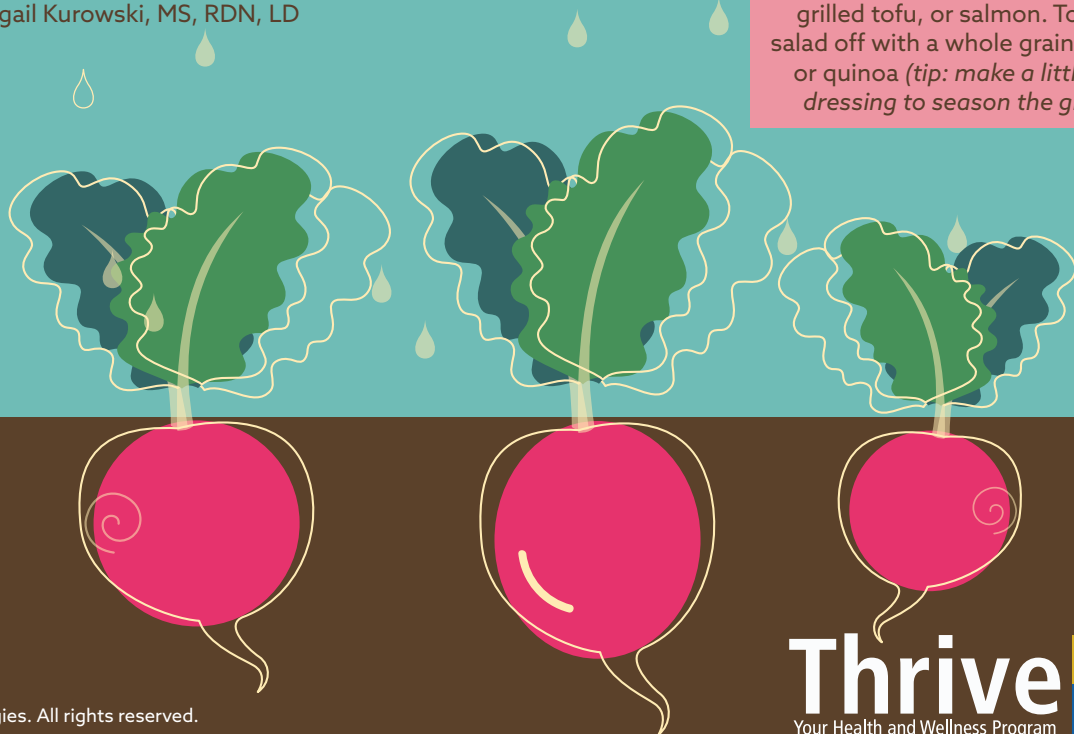
### Directions

1. In a small, dry skillet, add walnuts and toast on medium heat until golden brown. Stir a few times during toasting. Set aside to cool.
2. In a large mixing bowl, combine chopped butter lettuce, sliced beets, sliced apples, and toasted walnuts. Toss and top with crumbled gorgonzola.
3. In a small mixing bowl, whisk together the vinegar, garlic, and mustard. Slowly add the oil in a thin stream, whisking steadily. Season to taste with salt and pepper.
4. Top salad with dressing.

Estimated cost per recipe: \$4.57 Estimated cost per serving: \$2.29  
(Recipe adapted from Earthbound Farm Online Recipes)  
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### Make it a Meal!

This salad is a great meal for lunch or dinner. For a punch of protein, add white beans, shredded chicken, grilled tofu, or salmon. Top your salad off with a whole grain like farro or quinoa (*tip: make a little extra dressing to season the grains*).



## Not all salad greens are created equal!

When selecting the base of your salad, the darker the color and the more variety in your bowl, the better for packing more nutritional value. Choose a variety of greens like butter lettuce, kale, spinach, or romaine.

Salad Greens Comparison						
Salad Greens	Portion	Calories	Carbs	Fiber	Protein	Source of Vitamins
Kale	2 cup	66	12 g	2 g	6 g	Vitamins A, C, and K
Spinach	2 cups	14	2 g	1.5 g	1.6 g	Vitamins A, C, and K
Romaine	2 cups	16	3 g	2 g	1.2 g	Vitamins A and K
Red Lettuce	2 cups	15	2 g	1 g	1 g	Vitamins A and K
Butter Lettuce	2 cups	14	2 g	1 g	1 g	Vitamin A
Iceberg	2 cups	16	3 g	0 g	1 g	Low in Vitamins

## You Can't Beat Beets!

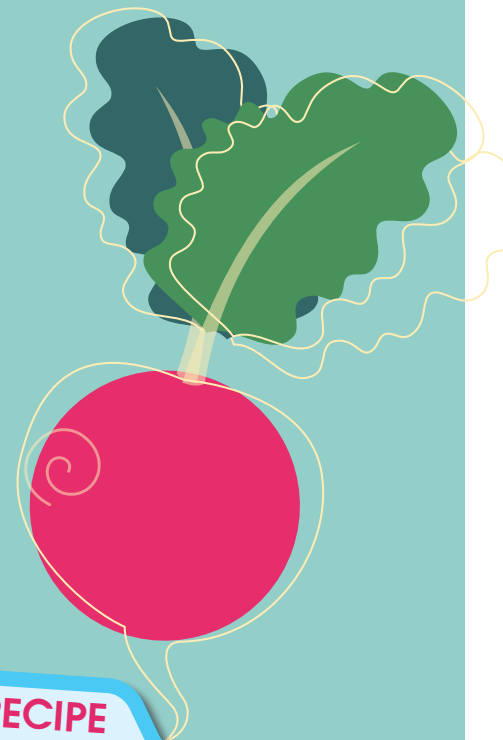
### Health Benefits

These ruby red gems are **full of essential everyday nutrients**; B vitamins, iron, manganese, copper, magnesium, and potassium.

The powerful phytonutrients that give beets their deep crimson color **may help to fight and prevent inflammation and cancer**, and can help to **lower blood pressure**.

### Eat Your Beet Greens Too!

When purchasing fresh beets, you will find them in a bunch, attached to their long leafy greens. While many people cut off the greens and only consume their round root portion, **beet greens are a nutrient rich part of the plant**. Preparing the greens is easy! Rinse and chop the greens, heat olive oil in a skillet, and sauté until tender. Season with salt and pepper – Enjoy!



### BONUS RECIPE Oven Roasted Beets

**Yield:** 4

**Serving Size:** ½ cup

#### INGREDIENTS

3 medium beets  
1 Tbsp. olive oil  
Salt and fresh ground pepper

#### DIRECTIONS

1. Heat the oven to 425°F. Rinse the beets and trim off any leafy tops. Wrap completely in aluminum foil and place in the oven. Roast until tender and easily pierced with a knife, about 50-60

minutes and check for doneness with a knife. Remove from the oven and let cool.

2. When the beets are cool enough to handle, peel using a paring knife or by pushing the skin with your fingers.
3. Slice the beets, drizzle with olive oil, and season with salt and fresh ground pepper.

**NUTRITION INFORMATION:** Calories 58, Total fat 4 g, Saturated fat 1 g, Monounsaturated fat 0 g, Trans fat 0 g, Cholesterol 0 mg, Sodium 120 mg, Carbohydrate 6 g, Fiber 2 g, Sugars 5 g, Protein 1 g