

# Kale Salad with Roasted Beets, Cranberries, Almonds and Feta

Yield: 4 servings

## Ingredients: Salad

- 2 small beets
- 1 tsp fresh thyme leaves
- Olive oil
- Kosher salt and pepper
- 1 bunch of kale, stalks removed and leaves roughly chopped
- ½ cup dried cranberries
- ½ cup roasted almonds, roughly chopped
- 4 ounces of crumbled feta cheese

## Ingredients: Dressing

- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 2 Tbsp white wine vinegar
- 1 lemon, juiced
- 1 Tbsp Dijon mustard
- 1 Tbsp agave nectar or honey
- 1 garlic clove very finely chopped
- Kosher salt and pepper

*Continued*

## Directions:

- 1. Roast the Beets:** Preheat oven to 400° F. Peel the beets and cut them into 1-inch chunks. Spread them onto a rimmed baking sheet and drizzle with olive oil, sprinkle with salt, pepper and thyme and toss to coat. Roast for 40 minutes, turning twice, until they are fork tender. Remove from the oven and let cool. You can do this ahead of time and store the beets in a container in the fridge for a day or two.
- 2. Make the dressing:** Combine all ingredients and whisk well, season with salt and pepper to taste, adjust to your liking.
3. Combine kale with half of the dressing and toss well. Add more dressing if it seems dry, but be careful not to overdress.
4. Add in cranberries, beets, feta and almonds. Toss gently so you don't break up the feta too much.
5. Serve immediately or let sit in the fridge for a few hours to let flavors marinate and allow the kale to soften a bit.

## Nutrition Info:

 Per ¼ recipe

Calories: 300 • Fat: 20g • Sodium: 400mg

Carbohydrates: 23g • Fiber: 4g

Protein: 10g

Source: Modified from [www.hottie-biscotti.com](http://www.hottie-biscotti.com)



## Workforce Health