Lunch, European

Baby Spinach Salad with Honey Dijon Dressing

Tender beet wedges rest on baby spinach tossed in a honey and Dijon mustard dressing, finished with crumbled goat cheese and a scattering of pine nuts.



Vegetarian

40 min	160	12 g	7 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 lbs beets (tops trimmed)
- [ ] 2 tbsp canola oil
- [ ] 3 tbsp water
- [ ] 2 tsp honey
- [ ] 2 tsp Dijon mustard
- [ ] 10 oz baby spinach
- [ ] 1 1/2 oz goat cheese (crumbled)
- [ ] 1/4 cup pine nuts

Method

- [ ] 1 Scrub the beets clean and cut off the tops.
- [ ] 2 Place the beets in a saucepan or pot and pour in enough water to cover them.
- [ ] 3 Bring the water to a boil, then lower the heat and simmer until a fork slides in easily, 30-45 minutes.
- [ ] 4 Lift the beets out of the water and leave them until cool enough to handle.
- [ ] 5 Peel the beets and cut them into wedges.
- [ ] 6 Whisk the canola oil, water, honey and Dijon mustard together in a large bowl.
- [ ] 7 Add the baby spinach and toss until the leaves are coated.
- [ ] 8 Scatter the beet wedges, crumbled goat cheese and pine nuts over the spinach.
- [ ] 9 Give everything one gentle final toss.

Nutrition Facts

Per serving

Calories	**160**
Total fat	11 g
Saturated fat	2 g
Sodium	160 mg
Total carbs	12 g
Fiber	3 g
Total sugars	7 g
Protein	5 g

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