



# Beet And Lentil Citrus Salad

Prep Time 20 mins  
Total Time 1 hr  
Meal Type Lunch,Dinner  
Contributed By



Source [Living Plate](#)

Servings 4



## Salad

### Ingredients

lb,c g,ml

- 4 Large beets, *washed and trimmed*
- 1/2 cups Beluga (black) lentils, *rinsed* Can use canned lentils
- 2 oranges, *peeled and segmented*
- 4 scallions, *sliced on bias*
- 2 Tbs pistachios, *chopped*

### Directions

#### Make

1. Preheat oven 425°F. Wrap beets in aluminum foil and roast until tender when pierced with a fork, about 40 minutes. Remove from oven and set aside to cool.
2. Add lentils to medium sauce pan, cover with water and bring to a boil. Reduce heat and simmer, uncovered, until tender but not mushy, about 20 minutes. Drain and put in a bowl.
3. Once beets are cool enough to handle, unwrap and, using a dry paper towel, "wipe" off skin. Cut into bite-sized wedges.
4. In a large bowl, mix ½ vinaigrette with frisee.
5. Top salad with beets, lentils, oranges, scallions, and pistachios.
6. Drizzle remaining vinaigrette over salad.

## Vinaigrette

### Ingredients

lb,c g,ml

- 6 Tbs white balsamic vinegar
- 2 Cloves garlic, *minced*
- 2 tsp maple syrup
- 1 tsp miso paste
- 2 Tbs olive oil
- 1 1/2 tsp Dijon mustard

### Directions

#### Make

1. Place all ingredients for dressing in mason jar and shake vigorously until combined.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
<b>Calories</b> per serving	<b>267</b>	<b>Total Fat</b> 9.1g	13%	<b>Total Carbohydrates</b> 38g	12%	
		Saturated Fat 1.2g	6%	Dietary Fiber 7g	27%	
		Trans Fat 0.0g		Total Sugars 17g		
		Cholesterol 0mg	0%	<b>Protein</b> 9g		
		<b>Sodium</b> 178mg	7%			
Vitamin D 0mcg 0% · Calcium 69mg 6% · Iron 3mg 16% · Potassium 640mg 13%						

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