

Roasted Beet and Marinated Yam Dinner Salad

Color, texture and layers of flavor will complete your plate tonight as you enjoy this satisfying dinner salad. It's anchored with rich, earthy-flavored maroon-red beets while marinated garnet yams add a flavor nuance. The dinner salad is completed with a garden-fresh celebration of tender green lettuce, snapping fresh cucumber, thin-sliced red bell pepper and halved cherry tomatoes. The savory richness of thin-sliced hardboiled eggs and toasted sliced almonds add yet another dimension to round out the flavor and texture profile. The salad is dressed with a sweet and savory homemade honey/mustard dressing.

You may have roasted the beets and yam earlier so they're just patiently waiting in your fridge. If not, allow an hour early in the day today to roast the beets and yam before you start making the salad. It's worth the extra time.

Preparation time: 30 minutes (after beets and yams are roasted) - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls. Dinner salads are easy to assemble when you're well organized. You'll perform two preps of onion today: 3 thin-sliced sweet onion rounds for the beet salad, and 2 T. chopped onion for the Honey/Mustard Dressing. Toast almonds as part of prep.

Roasted, Marinated Yams/Hard Boiled Eggs

Marinade Ingredients: (Part of prep)

1 roasted garnet yam (peeled and cubed)
1/2 C. nonfat milk
1/2 tsp. coconut extract
1/4 C. low-sodium vegetable broth
1 T. rice-wine vinegar
1/2 tsp. Asian pepper sauce
1 tsp. low-sodium soy sauce

2 hardboiled eggs

Roasted Beet Salad

2 medium-size beets (roasted, peeled and sliced)
6-8 leaves of red or green leaf lettuce (washed)
3 thin slices sweet onion (slices halved)
1 C. Napa cabbage (thinly sliced)
1 C. cucumber (coarsely chopped)
1/2 C. red bell pepper (thin-sliced)
10 cherry tomatoes (halved)

marinated yams

Garnish:

2 tsp. crumbled feta cheese
4 T. sliced almonds (toasted)
2 kiwis
2 artisan rolls

Honey/Mustard Dressing

1 clove of garlic (peeled)
2 T. chopped onion
3 tsp. prepared mustard
Pinch of salt
3 tsp. honey
1/4 C. extra-virgin olive oil
2 T. rice wine vinegar
1/3 C. low-sodium vegetable broth

If Roasting Beets
and Yams,
Preheat oven to 375°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once beets and yam are roasted you're ready to make the salad. Start by pre-cooking and marinating the yam. Mix all marinade ingredients and microwaving the marinade 1 minute. Cook peeled and diced yams 10 minutes in 1 C. boiling water. Pour off water and place cooked yams in the marinade. Let stand until ready to put on salad.

Hard Boiled Eggs

1. Bring 1 quart of lightly-salted water to a boil. Using a perforated spoon, submerge the eggs in boiling water.
2. Return to a boil, reduce heat to medium-high, cover and cook for 11 minutes. Remove from heat and let the eggs sit in hot water for 5 minutes.
3. Then run cold water over cooked eggs and let them stand in cold water until you're ready to peel them. Try peeling under cold running water.

Roasted Beet Salad/Bread

1. Start salad assembly by breaking lettuce leaves into bite-sized pieces and dividing between two dinner plates.
2. Arrange onions, cabbage, cucumber, red pepper and tomatoes over lettuce.
3. Lift marinated sweet potatoes out of marinade and divide between salads.
4. Arrange beets in a circle over the top of salad ingredients on each plate.
5. Fan sliced eggs over the center of the salad.

Garnish:

6. Top with feta cheese crumbles and toasted almonds.

Honey/Mustard Dressing

Blend all dressing ingredients in a food processor until smooth. Pour into a serving pitcher.

Serve

About 10 minutes before you wish to dine, warm rolls in oven. Place plated salads on table with the pitcher of dressing. Allow diners to dress their own salads. Halve kiwis and serve on the side with warm rolls.

What I've Learned from this Recipe

Beets are high in fiber and packed with essential nutrients. They're high in vitamin B9, manganese, potassium, iron, and vitamin C. The health benefits associated with beets include: improved blood flow, lower blood pressure, as well as increased muscle and brain performance.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com