

Featured Ingredient... Beets



ORANGE MARINATED BEET & GOAT CHEESE SALAD

Recipe from Carla Burke, RD

INGREDIENTS

- 3.25 Tbs olive oil
- 2 Tbs salt
- 2 large red beets
- 2 large golden beets
- ¼ c water
- 3 c orange juice
- ¼ c white wine vinegar
- 3 Tbs sugar
- ¾ lbs boneless chicken thighs
- 1 can chickpeas (garbanzo beans)
- 4 oz goat cheese crumbles
- 5 oz mixed greens
- Pistachio or sunflower seeds to taste

DIRECTIONS

1. Preheat oven to 350 degrees. Wash beets and coat with 2 Tbs olive oil. Place them in a baking dish, and add water to the bottom of the dish. Roast for 1 hour and Let cool completely.
2. Make the marinating brine for the beets by combining the orange juice, vinegar, salt, and sugar. Whisk until sugar and salt dissolve.
3. Lay chicken thighs on a baking sheet and sprinkle with salt. Bake chicken thighs for 20 minutes, or until 165 degrees. Once cooked, slice chicken into strips.
4. Peel the beets. They should slip off right under your fingers. Cut the beets into bite sized pieces.
5. Divide the beets into two separate containers for the different colors. Pour the brine over each and refrigerate for at least 12 hours.
6. When ready to assemble, heat up the chicken. Drain the chickpeas. Place mixed greens at the bottom of the bowl. Spoon out beets, adding them to the top. Layer on the chickpeas and chicken thighs. Sprinkle goat cheese over the salad and enjoy!

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ALLERGY SUBSTITUTIONS

Wheat/Gluten - none

Shellfish/Fish - none

Soy - none

Tree nut: substitute sunflower seeds for pistachios

Dairy: remove the goat cheese

Always check individual brands for allergens.

MAKE IT CHEAPER

Golden beets can sometimes be hard to find or more expensive. You can make this dish entirely of red beets if you would like to decrease costs of shopping around. You can also see if feta cheese is less expensive than goat cheese for a different but still tasty flavor.

ALTERATION IDEAS

To make this dish lower fat, cut the goat cheese in half. To make it higher fat, double the goat cheese and drizzle with some extra olive oil over the top to finish it. If you want to make this as a meal prep, separate out chicken and chickpeas from salad items. Combine when ready to eat.

Adjust this salad to meet your goals may making these modifications to the ingredients:

WEIGHT GAIN

6 $\frac{1}{4}$ Tbs of olive oil
1 lbs boneless chicken thighs
2.5 cans of chickpeas
8 oz goat cheese crumbles

WEIGHT LOSS

2 Tbs of olive oil
 $\frac{1}{2}$ can of chickpeas
3 oz goat cheese crumbles

SPORTS PERFORMANCE

3 $\frac{3}{4}$ Tbs of olive oil
1 lb of boneless chicken thighs
2.5 cans of chickpeas

