

#LetsCook30

BEETS & SWEETS BOWL WITH BALSAMIC DRESSING

So much goodness in one bowl! This is a perfect bowl meal for the cooler weather.

Serves: 4

Ready in about: 45 minutes

Creamy Balsamic Dressing:

1/4 cup	olive oil
2 tbsp	balsamic vinegar
2 tbsp	Mayonnaise
1 tbsp	lemon juice, freshly squeezed
2 tsp	maple syrup or honey
1 tsp	Dijon mustard
1 clove	garlic, minced
1/4 tsp	each salt and freshly ground black pepper

Nutrition Tips

To reduce the saturated fat and increase the fibre in this recipe, we used:

- Low fat feta cheese (20% M.F. or less)
- Brown rice or quinoa

3 medium	beets, peeled, cubed into 1/2-inch cubes (about 2 cups)
2 tbsp (divided)	olive oil, divided
1 large	sweet potatoes peeled, cubed into 1/2-inch cubes
1 small	red onion, cut into wedges
2 cups	kale, coarsely chopped
1/2 cup	walnut pieces
2 cups	hot cooked quinoa or rice
1/4 cup	feta cheese, crumbled

INSTRUCTIONS:

1. Preheat oven to 425°F.
2. Whisk together dressing ingredients in a small bowl. Cover and refrigerate until ready to use.
3. In a medium bowl, toss beets with 2 tsp oil. Spread on pan and roast for 15 minutes. Remove beets from oven and move them to one side of the pan.
4. Toss sweet potatoes and onions with 2 tsp oil and add to beets in a single layer on pan. Roast for 15 minutes. Remove pan from oven and slide the potatoes and onions next to the beets. Toss kale with remaining 2 tsp oil (massage it in) and add to veggies in a single layer on pan, then add walnut pieces. Roast for 5 minutes.
5. To assemble, place desired amount of quinoa in bottom of serving bowl. Top with veggies, walnuts and feta, then drizzle dressing over top. Serve warm.

Adapted from: Yum & Yummer: Greta Podleski. 2017

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