

Roasted Beets with Walnut Vinaigrette

Dressing

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WALNUT VINAIGRETTE DRESSING

1/2 cup walnut oil
1/4 cup good white vinegar
1 tablespoon shallots, chopped
1 teaspoon garlic, chopped
1 teaspoon fresh thyme
1 tablespoon sugar or one package Splenda
1 teaspoon salt
1/2 teaspoon black pepper

SALAD

2 pounds roasted beets, peeled and cubed or sliced
1 medium sweet onion
1/4 cup walnuts, chopped
goat cheese
crusty bread

In a bowl, add the oil, vinegar, shallots, garlic, thyme, sugar, salt and pepper. Mix thoroughly. Set aside.

Cut the greens of the top of the beets if they are tender. If they are older, cut into thinner pieces.

In a skillet, saute' the beets and onions in a little olive oil.

Add goat cheese and crusty bread.

Remove the vegetables to a serving bowl.

Serve with the Walnut Vinaigrette Dressing.

Per Serving (excluding unknown items): 1210 Calories; 127g Fat (91.6% calories from fat); 9g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2138mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 25 Fat.