

## **Roasted Beet Salad with Crispy Kale and Almonds**

### For Beet Salad

1 bunch kale, well cleaned and ribs removed (about 8 ounces kale leaves)  
2 1 / 2 lb beets (6 to 7 beets) washed, dried and peeled  
Salt and pepper  
Olive oil  
1 shallot, sliced  
3 Tbl slivered almonds

### For Lemon-Honey Vinaigrette

1/4 cup olive oil  
2 Tbl lemon juice (juice of 1 lemon)  
3 Tbl honey  
1 garlic clove, chopped  
1 1 / 4 tsp dried rosemary  
Salt and pepper

1. Preheat oven to 400 degrees F.

### For the Kale

2. Toss kale with salt, pepper and a little extra virgin olive oil.  
3. Spread on a baking sheet and roast in heated-oven for 7 minutes. Check, and if kale is not crispy enough, leave it in oven a little longer (up to 10 minutes). ]  
4. Remove from oven and set aside.

### For the Beets

5. Cut peeled beets into wedges.  
6. Place beets on a baking sheet and season with salt.  
7. Add a generous drizzle of extra virgin olive oil and toss to coat.  
8. Make sure beets are spread in one layer on the baking sheet and roast in heated oven for about 45 minutes or so.

### For the Dressing

9. While beets are roasting, make the lemon-honey vinaigrette. Simply mix vinaigrette ingredients in a small bowl and whisk to combine.

### For the Almonds

10. Toast silvered almonds in a dry non-stick skillet, tossing frequently, until almonds turn a golden color (do not brown too much.)

### To Assemble Salad

11. When you are able to stick a knife into the beets without resistance, remove from heat and transfer to a mixing bowl.  
12. Add shallots.  
13. Pour the lemon-honey vinaigrette on top, and give the beets and shallots a nice toss.  
14. Add crispy kale and very gently toss.  
15. Transfer beet salad to a serving platter.  
16. Add toasted silvered almonds. Enjoy warm or at room temperature.

Serves 6

## NOTES

Add a crumbled, strong flavored cheese if you're not preparing a vegan meal.

From <https://www.themediterraneandish.com/roasted-beet-salad-kale>