



Red, White and Blue Cheese Salad

🕒 30 minutes 🍴 6 servings

Directions

1. Prepare beets: remove the green, leafy tops and peel. Dice into half-inch cubes and set aside.
2. Arrange bacon slices in a large skillet and cook over medium to medium high heat until crispy, turning once.
3. Once bacon is cooked, remove from pan, crumble or dice into pieces, and set aside. Add cubed beets to skillet with bacon grease and cook about 15 minutes over medium heat until soft enough to insert a fork. Stir occasionally to ensure even browning.
4. While beets cook, chop lettuce and add to a large serving bowl. Dice apple and toss with a small amount of lemon juice to prevent browning, then add to bowl with lettuce.
5. Once beets are cooked, remove from skillet and set aside. Add pecans to same skillet used for bacon and beets and toast over medium heat 3-5 minutes until fragrant, stirring occasionally. Remove from heat and set aside with beets and bacon crumbles.
6. In a separate small bowl or jar whisk together ingredients for dressing: canola oil, balsamic vinegar, honey, lemon juice, and Dijon mustard. Set aside.
7. Add bacon crumbles, cooked beets, toasted pecans, and blue cheese crumbles to salad and toss gently to mix. Toss dressing with salad immediately before serving.

Ingredients

- 2 Beet (peeled and diced into 1/2-inch cubes)
- 4 slice Bacon
- 1/2 cup Pecans
- 1 head Romaine (chopped; 1 head of romaine = about 10 cups salad)
- 1 Apple (diced)
- 1/2 cup Blue cheese crumbles
- 1/4 cup Canola oil
- 2 tbsp Balsamic vinegar
- 1 tbsp Honey
- 1 tbsp Lemon juice
- 1 tbsp Dijon mustard

Nutrition (estimate per serving)

Calories	303 kcal	Fat	25 g
Carbohydrates	11 g	Protein	7 g
Fiber	5 g	Sugar	10 g
Cholesterol	18 mg	Sodium	285 mg
Vitamin A	9211 IU	Vitamin C	8 mg
Calcium	110 mg	Iron	2 mg

Notes

Total Time: 30 35 min Prep time: 30-35 min | Cook time: 0 min

Serving Size 1 1/2 cups

Pro Tip: Use leftover roasted beets to speed up the recipe. Save beet greens and saute with olive oil and salt and serve as a simple vegetables to a protein.

Cooking Equipment Vegetable peeler or vegetable scrub brush | Cutting board | Chef's knife | Large skillet | Large serving bowl | Jar or small bowl | Whisk

Leftovers Refrigerate salad separately from dressing in airtight container up to 5 days. Do not freeze.

Dice beets into 1/2-inch cubes trim top and root from beet and discard. Peel using vegetable peeler to remove dirt or scrub with a vegetable scrub brush. Cut in 1/2-inch slices lengthwise. Lay slices flat and slice into 1/2- inch wide matchsticks, then turn a quarter-turn and cut across into 1/2-inch cubes.

Chop lettuce Pull leaves from Romaine head one at a time. Wash each leaf and pat dry. Cut white ends from base of each Romaine leaf, cut in half lengthwise, then coarsely chop into bite-sized pieces.

Dice apple To retain nutrients, do not peel. Cut apple in quarters lengthwise. Use a paring knife to cut seeds and core from apple. Cut quarters in half lengthwise again, then lay on flat side and cut perpendicular slices to dice.

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