

# Roasted Beet and Chicken Salad

This fresh and delicious salad can easily be customized to suit your taste and available time. Swap out feta for the crumbled goat cheese or the arugula for whatever greens are available. If you are short on time, use left over chicken or meat from a rotisserie chicken from the grocery store.

## Ingredients

4 small beets	
2 boneless, skinless chicken breasts	½ teaspoon salt
¼ teaspoon ground black pepper	¼ cup balsamic vinegar
1 tablespoon olive oil	2 Tbsp reduced sodium vegetable broth
1 tablespoon honey	2 teaspoons Dijon mustard
1 clove garlic, minced or grated	6 cups baby arugula lettuce
2 tablespoons crumbled goat cheese	¼ cup slivered almonds, toasted

## Directions

1. Preheat oven to 375°F. Spray baking sheet with cooking spray or line with parchment paper
2. Wrap beets in aluminum foil and place on baking sheet. Lay chicken breasts on baking sheet next to beets and season chicken with salt and pepper
3. Roast chicken and beets for 25-30 minutes or until chicken internal temperature is 165°F
4. Let chicken breasts rest for 5 minutes and then slice thinly
5. Continue to roast beets until tender, another 15-20 minutes. Remove from oven and set aside
6. Once beets are cool, peel off skin and cut each beet into ½ inch chunks
7. In a medium bowl, whisk together the balsamic vinegar, olive oil, vegetable broth, honey, Dijon mustard and garlic
8. In a large bowl, combine arugula, beet chunks and salad dressing. Toss to coat
9. Divide salad among 4 plates. Top each with ¼ of the chicken breast slices, ½ tablespoon goat cheese and 1 tablespoon slivered almonds

## Nutrition Facts

265 calories, 11 grams fat, 2.5 grams saturated fat, 18 grams carbohydrate, 4 grams fibre, 495mg sodium

From [www.diabetes.org](http://www.diabetes.org)

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