

HOT WINTER SALAD



Ingredients

Servings: 10

For the salad

- 2 tablespoons olive oil
- 3 whole beets, roasted, peeled and diced
- 1 pound Brussels sprouts, cleaned, halved and roasted
- 2 cups green beans, trimmed and chopped into 1-inch pieces and lightly steamed
- 2 1/2 cups cooked garbanzos
- 3 oranges, peeled and sectioned
- 1/2 cup toasted pepita seeds
- 5 cups spinach
- 5 cups kale, cut into pieces
- 2 1/2 pounds grilled chicken
- 3 scallions, thinly sliced
- 1/2 cup fresh pomegranate arils
- 5 tablespoons crumbled feta cheese

For the dressing

- 3 tablespoons apple cider vinegar
- 1 1/2 tablespoons orange juice
- 1 teaspoon orange zest, finely grated
- 1/2 teaspoon garlic, minced
- 1/2 teaspoon honey
- 1/2 teaspoon Dijon mustard
- Salt and black pepper, to taste
- 4 1/2 tablespoons extra-virgin olive oil

For the salad

- Heat the olive oil in a pan. Sauté the beets, Brussels sprouts, green beans and garbanzos until warm. Toss in the orange segments and pepitas.
- Divide the greens on 10 plates. Place the hot mixture on top of the greens.
- Top with the chicken. Ladle 1 ounce of dressing over each serving.
- Garnish with pomegranate arils, cheese and scallions.

For the dressing

- Whisk the ingredients together. Chill.

