



Roasted root vegetables can make a healthy, colorful salad. Nutritionist Michelle Dudash offers a recipe. H2.



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SECTION H

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## You can't beat beet salad

Beets are one of those "love it" or "no, thank you" vegetables. Freshly roasted beets are the exception, pleasing taste buds with texture and natural, concentrated



**MICHELLE DUDASH**  
HEALTHY DISH

sweetness. And oh, the colors. Beets can be found in red, yellow, pink and even candy striped.

Beet season peaks during the winter months and winds down in the spring.

In this salad, acidic oranges and pungent arugula balance out the mellowness of the beets. For a change, use the sweet Cara Cara navels, which are available through April. Their flesh is the color of grapefruit, but they have lower acidity and are sweeter, which calls for an extra splash of rice vinegar to the salad. And to shave off a few more minutes of prep time, you can skip the step of making the dressing separately and simply toss all of the ingredients together in a bowl. The final dish won't be as pretty

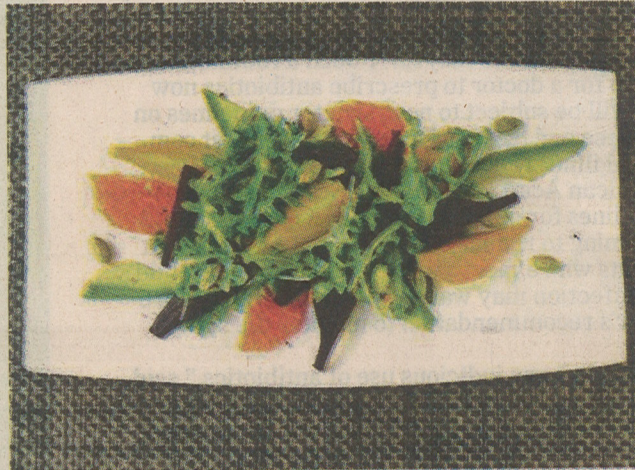
because the red beet juices will bleed into the salad, but it will taste the same.

*Michelle Dudash of Scottsdale is a registered dietitian, chef and author of "Clean Eating for Busy Families." Find a link to her blog, Dudash's Healthy Dish, at [azcvoices.com](http://azcvoices.com).*

### Orange and Beet Salad With Arugula and Pistachios

#### FROM MICHELLE DUDASH

Kosher salt  
8 multicolored baby beets, stems cut off, washed (you can save the leaves for sauteing in another dish, if you desire)  
3 tablespoons freshly squeezed orange juice  
2 teaspoons rice vinegar, or more to taste  
1 tablespoon extra-virgin olive oil  
1 pinch salt  
4 cups lightly packed baby arugula  
1 large orange, peeled, pulp sliced crosswise into half moons  
1 medium avocado, sliced  
¼ cup shelled pistachios, papery skins rubbed off  
Freshly cracked black pepper



Arugula, pistachios, orange, avocado and rice vinegar add zing to a salad of sweet, colorful roasted beets.

MICHELLE DUDASH

Preheat oven to 400 degrees. Pour 3 small piles of kosher salt 4 inches apart on a sheet pan, about 3 tablespoons each.

To make the salad: Wrap 4 beets each in aluminum foil, pulling up the sides so the ends meet together in the middle where steam can escape. Place foil pouches seam side down on each salt pile, which allows liquid to drain from the beets, promoting roasting rather than boiling. Roast beets for an hour, until fork tender. Remove from oven and use a towel (one you don't care about, because beet juice stains) to peel off the skins while the beets are still hot. Slice each beet through the stem end into

4 wedges.

To make the dressing: Whisk together orange juice, vinegar, oil and salt.

Toss arugula, yellow beets (not red, which will "bleed" into the rest of the salad) and oranges in the vinaigrette. Lift salad out of the bowl, put on plates and toss red beets in any remaining vinaigrette. Top the salad with red beets, avocado and pistachios. Add pepper to taste.

Makes 4 servings

*Per serving: 207 calories, 14 g total fat (2 g saturated, 0 trans), 184 mg sodium, 0 cholesterol, 19 g total carbohydrate (7 g fiber), 4 g protein.*