Chopped Avocado & Beet Salad with Fresh Orange Vinaigrette

Ingredients:
1# fresh beets (any variety)
¼ cup olive oil
2 Tbsp. White balsamic vinegar
Zest & juice of 1 orange
2 tsp. Honey
Freshly ground black pepper
1 large head chicory lettuce, roughly chopped
2 avocados, pitted & cubed
½ cup toasted walnut halves, roughly chopped
¼ cup toasted sliced almonds
¼ cup pomegranate seeds

Directions:
Preheat oven to 400 degrees F.
Place beets in a baking dish & add 1 inch of water.
Cover dish with foil & bake 45 minutes or until beets are tender.
Run beets under cold water, peel & dice.
Combine oil, balsamic vinegar, orange zest & juice, honey, & pepper in a small bowl.
Place lettuce in a large bowl & toss with 2 Tbsp. Vinaigrette.
Transfer to a serving platter.
In the same bowl, combine diced beets, avocado, walnuts, & remaining vinaigrette. Place on top of the greens.
Garnish with almonds & pomegranate seeds.
Serve immediately.
Tomatillo Avocado Dressing

Ingredients:

4 tomatillos
½ avocado
1 clove garlic, minced
½ jalapeño with seeds
Pinch of salt
2 Tbsp. White balsamic vinegar
1 Tbsp. Lime juice
1 cup cilantro leaves

Directions:

Remove husk from tomatillos & rinse to remove any sticky residue.
Bring water to a boil in a pot, add tomatillos & boil 4-5 minutes.
Remove from boiling water, rinse with cold water & allow to cool for a few minutes.
Add cooled tomatillos, avocado, garlic, jalapeño, salt white balsamic vinegar & lime juice into a
high powered blender or food processor and blend until everything is incorporated & dressing is
relatively smooth.
Add cilantro leaves and process a few seconds more.
Taste & add more jalapeños & salt if needed.
Serving size: ¼ cup
Calories: 75, PRO: 1 g, CHO: 9 g, fiber: 3 g, Fat: 4 g, Sodium: 195 mg

Yield: ¾ cup