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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