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as a side
or as a complete meal.

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Summer Salad Recipe!

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Summer Salad

- 4 medium beets - scrubbed, trimmed and cut in half
- 1/3 cup chopped walnuts
- 3 tablespoons real maple syrup
- 1 (11 ounce/312 g) package mixed baby salad greens
- 1/2 cup frozen orange juice concentrate
- 1/4 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 2 ounces/60 g of goat cheese

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, and then cook for 20 to 30 minutes, until tender. Drain, cool, and then cut into cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat the walnuts until warm and starting to toast, and then stir in the real maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.

Place the baby greens into a large salad bowl and sprinkle the candied walnuts and beets over the greens and top with dabs of goat cheese. Drizzle the salad with the dressing.

Serve and enjoy!