



Aunt Nellie's[®]

BEET AND ROASTED CARROT SALAD WITH KALE, SPICY PECANS AND GOAT CHEESE

SERVES: Makes 6 SERVINGS

PREP TIME: 20 MINUTES

COOK TIME: 35 MINUTES

Recipe courtesy of Tara Teaspoon

INGREDIENTS

- 1/4 cup olive oil
- 2 tablespoons sherry vinegar or red wine vinegar
- 4 tablespoons maple syrup, divided
- 1 teaspoon ground coriander
- 1/2 teaspoon garlic powder
- 1 teaspoon kosher salt
- 2 pounds tri-color carrots, peeled and cut into 3 to 4-inch pieces
- 1/2 cup toasted pecans
- 1/8 teaspoon crushed red pepper flakes
- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets, drained
- 2 cups baby kale or chopped kale
- 3 ounces goat cheese, crumbled

INSTRUCTIONS

1. Heat oven to 400°F. Line rimmed baking sheet with foil; set aside.
2. Make the dressing: In small bowl whisk together olive oil, vinegar, 2 tablespoons of maple syrup, coriander, garlic powder and salt.

3. On lined baking sheet, toss the carrots with half of the dressing. Reserve the other half. Roast carrots until tender and caramelizing, 35 to 40 minutes.
 4. While carrots cook, in small nonstick skillet, over medium-high heat, combine pecans, remaining 2 tablespoons maple syrup, and red pepper flakes. Cook, stirring occasionally, until maple syrup has reduced and has coated the pecans. Remove from heat; set aside.
 5. When carrots are done, arrange on a platter with the beets and kale. Drizzle with remaining dressing and top with candied pecans and crumbled goat cheese.
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