



Beet Salad with Honey Rosemary Balsamic Chicken

Ingredients

- 4 or 5 beets
- 1 cup balsamic dressing
- 4 sprigs rosemary
- 2 tbsp honey
- 6 cups arugula
- 2 oz goat cheese, crumbled
- 2 tbsp chopped walnuts
- 16 oz chicken breast

Directions

1. Remove greens from beets, scrub clean, and place in a heavy saucepan. Cover with about an inch of water. Bring to a boil and cook for about 35-40 minutes, until fork inserts easily.
2. Run cold water over beets to cool and remove skins. Allow to cool to room temperature. Cut into ½ inch slices.
3. Mix balsamic dressing, rosemary, and honey in a saucepan and heat on low. Divide sauce in half, removing one portion to a bowl.
4. Add beets to the saucepan with remaining sauce. Heat and stir to cover, about 2-3 minutes. Season with salt and pepper. Remove from heat and discard rosemary.
5. Allow to cool. Beets can either be used in a salad immediately or stored in refrigerator for up to 2 days.
6. Heat a sauté pan over medium heat. Put chicken in the center of the pan and cook for 3-4 minutes on each side. Add the rest of the balsamic sauce and cook for an additional 1 minute. Set chicken aside to rest for 2 minutes.
7. Plate arugula. Sprinkle the goat cheese and walnuts over top. Add beets and chicken and drizzle any extra balsamic sauce over top.

Calories 304

Total Fat 7 g

Saturated Fat 3 g

Cholesterol 83 mg

Sodium 286 mg

Total Carbohydrate 31 g

Dietary Fiber 3 g

Sugars 24 g

Protein 30 g