

Maple Cardamom Roasted Beet Salad with Walnuts and Mint



Beets get their reputation as heart-healthy superstars due to their content of natural nitrates, which react in our bloodstream to improve vasodilation and oxygenation of the blood, as well as their high antioxidant content. Inflammation is considered a key component in the development of heart disease, so this recipe is boosted with anti-inflammatory, circulation-boosting ginger, mint, and omega-3-rich walnuts.

This Heart Month recipe is great as a side for lunch or dinner, served over arugula and rice, added to a Buddha bowl with quinoa, apples, spinach, toasted nori, and tahini dressing – or even with coconut yogourt or on its own for a surprising breakfast or dessert!

Ingredients:

- 1 golden beet, peeled and cut into wedges
- 1 candy cane beet, peeled and cut into wedges
- ½ Tbsp. olive oil
- ½ Tbsp. maple syrup
- ½ tsp. ground ginger
- ¼ tsp. ground cardamom
- Pinch sea salt
- ¼ cup chopped walnuts
- 1 to 2 sprigs mint leaves, chopped
- 1 to 2 Tbsp. cashew cheese (brie or cream cheese style), optional

Directions:

Preheat oven to 375°F. Peel and cut the beets, and toss in oil, syrup, ginger, and cardamom. Toss to coat.

Spread coated beet wedges on a baking sheet. Sprinkle salt over wedges, and bake about 10-12 minutes. Flip wedges and continue baking another 10-12 minutes.

Remove from oven and transfer to a bowl or serving dish. Toss with mint and walnuts. Serve with a dollop of cashew brie and an extra drizzle of maple syrup as desired.