

# Winter Beetroot & Greens Citrus Salad

Catherine Brown, plant-based chef & culinary nutritionist at [A Seat at My Table](#)



Total Time: 12 minutes   Prep Time: 6 minutes   Cook Time: 5-6

## Here's what you'll need for 2 salads:

- 4 sweet navel oranges
- 2 cups, baby beet greens, washed, dried and roughly chopped
- 1 cup pickled beets (fermented or roasted beets would be delicious too)
- 1/4 cup pistachios, toasted
- 3 Tbsp of your favorite vinaigrette\*

\* You may like the lemon Dijon vinaigrette I use on this [Lemon Dijon Asparagus Salad](#). This salad would also taste fantastic with this [Orange Ginger Dressing](#).

## The Process:

1. In a dry skillet, over medium/low heat, toast the pistachios until fragrant and lightly browned. Set aside to cool.
2. Zest the Navel oranges; freeze for another use. Peel the zested oranges and slice into 1/4" rounds.
3. Arrange the orange slices onto two plates or one platter.
4. In a medium bowl, toss the beet greens with the vinaigrette. Arrange the greens on top of the oranges.

5. Drain the pickled beets, cutting any large chunks into bite-sized pieces. Add the beets to the same bowl the greens were in, tossing to coat in the excess vinaigrette. Arrange the beets on top of the greens.

6. Sprinkle the toasted pistachios over all.

Enjoy straight away!

Nutrition Facts	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>316</b>
	% Daily Value*
<b>Total Fat</b> 15.6g	<b>20%</b>
Saturated Fat 2.6g	<b>13%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 126mg	<b>5%</b>
<b>Total Carbohydrate</b> 42.3g	<b>15%</b>
Dietary Fiber 8.2g	<b>29%</b>
Total Sugars 29.3g	
<b>Protein</b> 4.3g	
Vitamin D 0mcg	0%
Calcium 94mg	7%
Iron 1mg	7%
Potassium 869mg	18%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Nutrition information is for one salad (half of the ingredients listed above).

Be sure to show me what you make! [Tag me](#)  
[#chefcatherinebrown](#) - I LOVE seeing what you make!