

HEART-HEALTHY BEETROOT AND SALMON SALAD WITH CITRUS-WALNUT DRESSING

Preparation Time

- Beetroots: Approx. 10 minutes to wrap for roasting (not including cooling time post-roasting)
- Salad and Dressing Preparation: Approx. 15 minutes for washing and cutting salad ingredients, and making the dressing

Cook Time

- Beetroots: About 45-60 minutes (can be roasted in advance to save time on the day of serving)
- Salmon: 10-12 minutes for pan-searing

Total Time

- Approx. 1 hr 25 mins to 1 hr 40 mins

Ingredients

- For the Salad
 - 2 medium beetroots, roasted and sliced
 - 2 (6-ounce) salmon fillets, skin-on
 - 4 cups mixed salad greens (such as spinach, arugula, and watercress)
 - 1/2 red onion, thinly sliced
 - 1 avocado, sliced
 - 1/4 cup walnuts, toasted and chopped
 - Olive oil
 - Salt and pepper, to taste
- For the Citrus-Walnut Dressing
 - 3 tablespoons extra virgin olive oil
 - 1 tablespoon fresh orange juice
 - 1 tablespoon fresh lemon juice
 - 1 teaspoon honey (optional)
 - 1 small garlic clove, minced
 - 2 tablespoons walnuts, finely chopped
 - Salt and pepper, to taste

Preparation Steps:

1. Preheat the Oven & Roast Beetroots: Preheat your oven to 400°F (200°C). Wrap the beetroots in foil and roast until tender, about 45-60 minutes. Once cool, peel and slice.
2. Cook the Salmon: Season the salmon fillets with salt and pepper. Heat a skillet over medium-high heat with a drizzle of olive oil. Place the salmon skin-side down and cook for 5-6 minutes, then flip and cook for another 3-4 minutes or until desired doneness. Let it rest for a few minutes before slicing.
3. Prepare the Citrus-Walnut Dressing: In a small bowl, whisk together the olive oil, orange juice, lemon juice, honey, minced garlic, and chopped walnuts. Season with salt and pepper to taste.
4. Assemble the Salad: In a large bowl, toss the mixed greens and red onion with half of the dressing. Divide the greens onto plates, then top with roasted beetroot, avocado slices, and salmon. Drizzle with the remaining dressing and sprinkle with toasted walnuts.

Serving Suggestions:

Serve this nutritious and flavorful salad with a side of whole-grain bread or crackers to add a crunchy texture and to increase fiber intake, important for digestive health during menopause.

Serves 2.

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Fresh Produce

- ☐ 2 medium beetroots
- ☐ 4 cups mixed salad greens (e.g., spinach, arugula, watercress)
- ☐ 1/2 red onion
- ☐ 1 avocado
- ☐ 1 orange (for fresh juice)
- ☐ 1 lemon (for fresh juice)
- ☐ 1 small garlic clove

Pantry Staples

- ☐ Olive oil (extra virgin preferred)
- ☐ Honey (optional, depending on dietary needs)
- ☐ Salt
- ☐ Black pepper

Seafood

- ☐ 2 (6-ounce) salmon fillets, skin-on

Nuts & Seeds

- ☐ 1/4 cup + 2 tablespoons walnuts (for salad and dressing)

Optional

- ☐ Whole-grain bread or crackers (to serve alongside)