



Chilled Kiwi, Beet and Jicama Salad*

prep time:
20 minutes

cook time:
40 minutes

makes 6 servings

grocery list

fresh beets

La Baleine Sea Salt

Simply Organic Black Peppercorns

lime

shallot

ShopRite honey

ShopRite grapeseed oil

fresh mint leaves

green leaf lettuce

kiwifruit

jicama

*Exclusive Chef Faith Alahverdian recipe.

chilled kiwi, beet and jicama salad

6 to 8 small beets, unpeeled, scrubbed and washed very well

La Baleine Sea Salt

Simply Organic Black Peppercorns

2 tbsp. fresh lime juice

1 shallot, minced

½ tsp. **ShopRite honey**

¼ cup **ShopRite grapeseed oil**

8 fresh mint leaves, thinly sliced

1 head butter leaf lettuce, washed well

6 kiwifruit, peeled and sliced ½-inch thick

2 small jicama, peeled and cut into medium julienne

1. Preheat oven to 425°F. Place beets in center of large sheet of aluminum foil on baking sheet. Season beets with salt and freshly ground pepper to taste; wrap in aluminum foil, sealing tightly. Bake 40 minutes or until fork-tender. Remove from oven and let beets steam in foil 10 minutes. Carefully open foil packet and let cool. Peel beets and slice ½-inch thick.
2. In medium bowl whisk together lime juice, shallot and honey. Whisking continuously, drizzle in grapeseed oil until emulsified. Season with salt and freshly ground pepper to taste. Just before serving, stir in fresh mint.
3. Arrange one lettuce leaf on each of 6 plates. Alternately stack 1 beet slice, 1 slice of kiwi and layer of jicama until small stack is formed on each plate. Drizzle with dressing and serve immediately.

Per Serving: 225 calories, 33g carbohydrate, 4g protein, 10g fat, 1g saturated fat, 12g fiber, 0mg cholesterol, 90mg sodium

cook's journal

W02_KiwiBeetJicama

kitchen tools

measuring utensils

chef's knife

cutting board

vegetable peeler

aluminum foil

baking sheet

medium bowl

whisk

spoon

recipe note

To prepare this salad in advance, wrap each ingredient separately and keep chilled until serving.

a good idea

When peeling beets, wear disposable gloves to keep your fingers from becoming stained.

