



HARVARD
VS. YALE
SATURDAY
NOV 23

Harvard Beets Kale Salad

SERVES 2-4

INGREDIENTS

- 1lb. fresh kale, chopped
- 1lb. beets, diced
- 2 tsp. olive oil
- ¼ cup crumbled goat cheese
- 1 small-to-medium red onion
- ½ cup dried cranberries/Craisins
- ½ cup balsamic vinaigrette

INSTRUCTIONS

1. Pre-heat oven to 350°F.
2. Dice beets, toss in olive oil.
3. Roast beets until tender. Cool.
4. Slice onions thin on a mandolin or with as knife.
5. Combine kale and beets, tossing together.
6. Add thinly sliced onion, ½ of the cheese and ½ of the cranberries.
7. Add vinaigrette and lightly toss.
8. Place in a serving vessel and top with remaining cheese and cranberries.



140TH

Nourishing **U.**

