

Mesclun with Roasted Beets and Cheese Croûtes



Hands-On Prep 20 MIN

Cook 25 MIN

Serves 4

1 Preheat the oven to 400°F. Spray a small baking pan with nonstick spray. Combine the beets and thyme in the pan; toss to coat and spray the beets with nonstick spray. Roast, stirring occasionally, until tender, about 25 minutes. Let cool.

2 Meanwhile, to make the croûtes, spread the toasted bread with the goat cheese; sprinkle with the parsley and set aside.

3 To make the dressing, combine the broth, oil, vinegar, mustard, garlic clove, salt, and pepper in a large bowl; let stand 2 minutes, then discard the garlic. Whisk until smooth.

4 To assemble the salad, drizzle 1 teaspoon of the dressing over the beets in the pan and toss to coat. Add the greens to the bowl with the remaining dressing and toss to coat. Divide the greens among 4 plates. Top each serving with one fourth of the beets and a croûte. Serve at once.

PER SERVING (2 cups with 1 croûte): 199 Cal, 9 g Fat, 3 g Sat Fat, 0 g Trans Fat, 13 mg Chol, 437 mg Sod, 21 g Carb, 3 g Fib, 7 g Prot, 163 mg Calc. **POINTS** value: 4.

Express Lane If you want to serve this salad in a flash, prepare the beets as directed in step 1 and refrigerate in an airtight container up to 2 days or just use canned beets and begin with step 2.

2 fresh beets, peeled, trimmed, and cubed
1 teaspoon chopped fresh thyme
4 (1-ounce) slices toasted French bread
2 ounces goat cheese
2 tablespoons chopped flat-leaf parsley
3 tablespoons reduced-sodium chicken broth
4 teaspoons olive oil
2 teaspoons white-wine vinegar
1 teaspoon Dijon mustard
1 garlic clove, bruised
¼ teaspoon salt
¼ teaspoon freshly ground pepper
½ pound mesclun greens