**Kale, Beetroot and toasted walnut salad with orange vinaigrette**

**Star of the Show Ingredients**

**Kale** is probably one of the most nutrient dense vegetables on this planet. As well as being a fantastic source of vitamin A, it is also rich in vitamin K and calcium which is important for strong, healthy bones

**Beetroot** may give you pink wee but it is also one of the richest sources of [glutamine](http://www.news-medical.net/health/Glutamine-What-is-Glutamine.aspx), an amino acid, which is important for the maintenance and health of our gastrointestinal tract

**Walnuts** are a fantastic source of plant based omega 3 alpha-linolenic acid (ALA) which is famed for its anti-inflammatory properties.

**Ingredients** (serves 4 as a side or 2 as a main)

1 bag of kale (stems removed, washed and torn into small pieces)

2 beetroots

1 teaspoon cumin

1 tablespoon of light olive oil (for baking)

¼ cup of walnuts

**Vinaigrette**

Juice and zest of one orange

2 tablespoons of apple cider vinegar/white wine vinegar

½ cup of Extra Virgin Olive Oil

½ teaspoon mustard powder

Salt & Pepper

**Method:**

Preheat oven to 180C

Wash, peel and chop beetroot into small chunks and marinate in one tablespoon of olive oil with the cumin. Place on a baking tray and roast for 45 mins -1 hour until done and cool.

In a small frying pan lightly toast walnuts over a low heat for 3-5 minutes until they start to change a little in colour

Place kale into the bowl with the walnuts and beetroot.

Mix vinaigrette and then massage the dressing into the kale leaves. Use a little dressing at a time, just enough to cover the leaves. There may be some leftover which you can use for another time

Serve with salmon as a side or add some goat’s cheese for a main