



# Winter Chopped Salad

Colourful, crunchy, and topped with a lively dressing, this tasty salad is a seasonal start to a festive meal.

Makes 8 Servings

### Ingredients

- 1 lb. medium golden beets
- ½ loaf sourdough bread, torn into bite-sized pieces
- 2 tbsp olive oil
- 3 romaine hearts, chopped
- 1 English cucumber, sliced
- ¼ small red cabbage, shredded
- ½ head cauliflower, finely chopped
- ¼ cup roasted sunflower seeds
- ½ cup Pan-Dripping Vinaigrette (see below)
- Salt and pepper, to taste

#### For Vinaigrette:

- 2 tbsp red wine vinegar
- 1 shallot, minced
- ¾ cup reserved pan drippings (from roast turkey, chicken, etc. – or substitute broth)
- 2 tbsp fresh chives
- 1½ tbsp Dijon mustard
- Pinch of sugar
- Salt and pepper, to taste

### Steps

1. Preheat oven to 425 degrees F. Wrap beets in foil and bake until easily pierced with a paring knife (35 to 45 minutes). When cool, peel and cut into wedges.
2. Toss together bread and oil on a baking sheet, and arrange in a single layer. Season with salt and pepper. Bake until golden brown (8 to 10 minutes).
3. In a large bowl, combine romaine, cabbage, cauliflower, cucumbers, sunflower seeds, beets, and toasted bread. Add vinaigrette and toss to coat evening. Season with additional salt and pepper if needed.
4. To make vinaigrette: Whisk together vinegar and shallot in a bowl. Let stand for 10 minutes. Whisk in pan drippings, mustard, and sugar. Season with salt and pepper.

### Nutrition Information

106 Calories | 10g Carbohydrates | 7g Fat | 1g Saturated Fat | 4g Fibre | 2g Protein | 351mg Sodium | 6g Sugar

Source: [www.countryliving.com](http://www.countryliving.com)