

Helergon Kitchen

Harvest Salad with Lemon Thyme Dressing

20 min Prep time	**25 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Salad Base

- [ ] 4 cups mixed greens, washed and dried
- [ ] 2 medium carrots, peeled and sliced into matchsticks
- [ ] 2 small beets, roasted and cubed
- [ ] 1 crisp apple, thinly sliced
- [ ] 1/4 cup toasted walnuts, roughly chopped

Lemon Thyme Dressing

- [ ] 3 tbsp fresh lemon juice
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 1 tsp fresh thyme leaves, finely chopped
- [ ] 1 tsp apple cider vinegar
- [ ] 1 tsp maple syrup
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Preheat the oven to 400°F (200°C). Toss the beet cubes with a drizzle of olive oil, salt, and pepper, then roast for 20-25 minutes until tender.
2. While the beets roast, whisk together lemon juice, olive oil, thyme, apple cider vinegar, maple syrup, salt, and pepper in a small bowl; set aside.
3. Prepare the carrots into thin matchsticks and set aside; slice the apple and splash a bit of lemon juice over it to keep its color.
4. In a large bowl combine mixed greens, roasted beets, carrot matchsticks, apple slices, and toasted walnuts.
5. Drizzle the lemon thyme dressing over the salad, toss gently until everything is lightly coated.
6. Serve immediately, enjoying the warm notes of roasted beets with the bright citrus herb vinaigrette.

Nutrition per serving

210 kcal	4 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter dressing, add an extra half teaspoon of maple syrup.
- For extra crunch, sprinkle some pomegranate seeds just before serving.
- The salad can be assembled ahead of time; keep dressing separate until ready to eat.