Roasted Beet, Pistachio, & Pear Salad

**Yield:** 2 servings  
**Total Time:** 35 minutes

**Ingredients**
- 2 medium beets (about ¾ pound), cut into quarters  
- 1 cup diced ripe pear  
- ¼ cup diced celery  
- 2 tablespoons chopped unsalted pistachios (or other nuts)  
- 3 tablespoons lemon juice  
- 1 tablespoon honey  
- ¼ teaspoon black pepper  
- Dash of salt and red pepper  
- Optional garnish: 2 curly lettuce leaves

**Preparation Instructions**
1. Preheat oven to 425°F. Place beets in a small baking dish. Bake for 25 minutes or until tender. Allow beets to cool, then dice.  
2. Combine beets, pear, celery, and pistachios in a medium bowl.  
3. In a small bowl, whisk together lemon juice, honey, black pepper, salt, and red pepper. Drizzle dressing over beet mixture, tossing gently to coat. Serve at room temperature or chilled on lettuce leaves.

**Nutrition Analysis**
Per serving: 160 calories; 4g fat (0g saturated, 0g trans); 0mg cholesterol; 230mg sodium; 33g carbohydrate (6g dietary fiber; 23g sugar); 3g protein. 
Vitamin A 2%, Vitamin C 25%, Calcium 4%, Iron 6% Daily Value.

**Tip:** To shorten preparation time, use canned beets. Rinse to remove excess salt.

**Cost**
- Per serving: $1.74  
- Total ingredient cost: $25.81

Modified from: www.cookinglight.com