

## INGREDIENTS

12 oz. Boneless Skinless Trout

2 ea Orange Segments

10 oz. (about 2) Red Beets

1/2 cup Balsamic Vinaigrette

6 cups Arugula Lettuce Leaf

2 oz. Goat Cheese

8 Tbsp Walnut Halves & Pieces, Chopped

1/2 cup Tarragon, Chopped

## METHOD

1. Preheat a char-grill or grill pan. Spray with oil to help stop the trout from sticking. Grill the trout until the internal temperature reaches 145F degrees, about 2-3 minutes on each side. Set aside.
2. Peel and section oranges and set aside. Roast or boil whole beets until cooked through and tender, about 45-60 minutes depending on size. Chill then peel skin and dice. Set aside. Toast walnuts until golden brown and fragrant. Set aside.
3. For each salad: Toss together 1/2 cup orange sections, 1-1/2 cup lettuce, 1/2 oz. crumbled goat cheese, 1/2 oz. (2 Tbsp.) walnuts, 3 oz. cooked trout, 2 Tbsp tarragon and 2 Tbsp dressing. Plate the salad.
4. In the empty bowl, add the beets and toss lightly with leftover dressing. Place beets on the salad last (this will prevent everything from turning red).

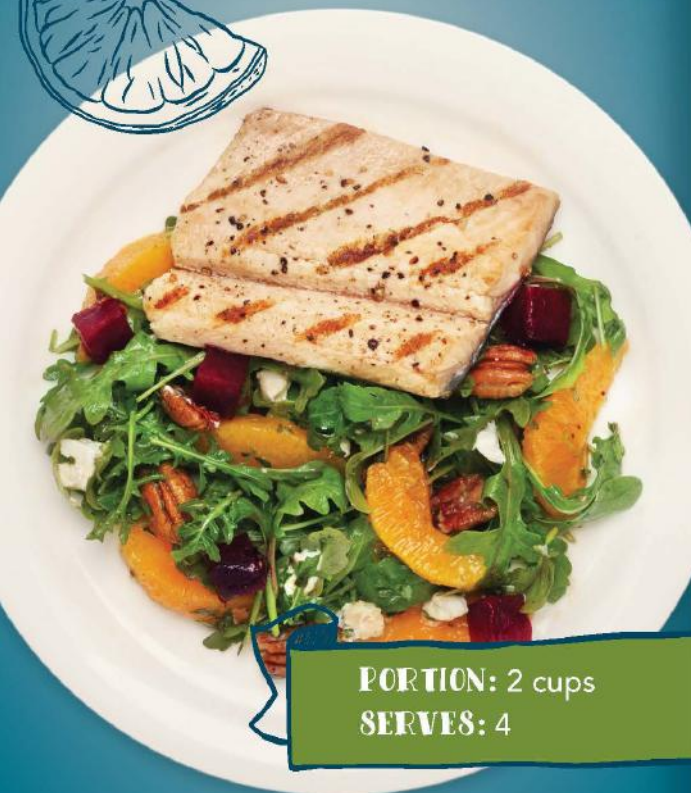
## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
420	30g	5g	15g	25g	4g	380mg

# Beet & Orange Salad

## with Grilled Trout

### AND WALNUTS



**PORTION:** 2 cups  
**SERVES:** 4