

COMMENTS:

1 Balsamic adds a robust flavor, while the red wine vinegar is more subtle.

2 Stilton is milder and firmer than other blue cheeses, plus it has much less sodium. Listed below are several popular blue cheese varieties and the sodium per ounce:

Stilton	220mg
Gorgonzola	350mg
Blue	395mg
Roquefort	513mg

ROASTED BEET AND WALNUT SALAD

Sodium Per Serving – 95mg

Serves 10

If you like beets, you'll love this wonderfully rich salad. The deep maroon color of the beets makes a beautiful presentation, especially on buffet tables. Save time and prepare this the day before, adding the nuts and cheese just before serving.

2 tablespoons balsamic vinegar or red wine vinegar¹

2 tablespoons extra virgin olive oil

1 teaspoon Dijon-style mustard

1 teaspoon sugar substitute or sugar

6–8 beets, roasted (see COOKING TIP below) and cubed (about 5–6 cups)

½ cup chopped walnuts

2 ounces Stilton cheese or other blue cheese, crumbled²

▶ Blend together the vinegar, oil, mustard, and sweetener either by whisking in a small bowl or by shaking well in a screw-top jar.

▶ In a large bowl, combine beets and dressing: chill at least 30 minutes. Before serving, mix in walnuts and cheese.

NUTRITIONAL INFO PER SERVING: Calories 106, Fat 9g (Saturated Fat 2g), Cholesterol 6mg, Carbohydrates 6g (Fiber 2g, Sugar 3g), Sodium 95mg

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

- 1 t Dijon mustard - 120mg
- 6 beets - 384mg
- ½ c walnuts - 1mg
- 2 oz Stilton cheese - 440mg

Fat (Sat Fat):

- 1 T olive oil - 28mg (4mg)
- 6 beets - 1mg (0mg)
- ½ c walnuts - 38mg (4mg)
- 2 oz Stilton cheese - 18mg (10mg)

COOKING TIP

ROASTING BEETS

Roasting beets brings out their richness and intensifies the flavor. To roast: Wash and trim beets (do not peel) and either wrap each in aluminum foil or place in a baking dish with 2 cups water and cover. Bake in a preheated oven at 425°F (220°C) for 45 minutes to 1 hour (depending on size).

When cool enough to handle, remove skin and prepare according to recipe instructions.