

# Chicken salad with roasted beets and dandelion greens

SERVES 4 TO 6 | 1½ HOURS

Dandelion greens give a bright, appealingly bitter edge to the rich chicken and the sweet beets.

**3 lbs. baby to full-grown beets, without tops but with root and stem ends intact (you need 4 lbs. with tops)**

**1 tbsp. plus ½ cup extra-virgin olive oil**

**About 1¼ tsp. kosher salt, divided**

**1 cup walnut pieces**

**1 tbsp. cumin seeds**

**Zest of 2 lemons**

**3 tbsp. lemon juice**

**2 tbsp. chopped shallot**

**½ tsp. pepper**

**3 cups shredded cooked chicken**

**1½ qts. loosely packed tender dandelion green tops or arugula**

**1. Preheat** oven to 400°. Scrub beets, pat dry, and put on a rimmed baking sheet. Toss with 1 tbsp. oil and ½ tsp. salt. Bake

until tender when pierced, 50 minutes.

Roast nuts on another sheet, stirring often, until deep golden, 6 minutes.

**2. Let** beets cool. Meanwhile, toast cumin in a small frying pan over medium heat, stirring, until a shade darker, 2 minutes. Coarsely grind in a mortar or coffee grinder. Pour into a large bowl and whisk with remaining ½ cup oil, ¾ tsp. salt, the lemon zest and juice, shallot, and pepper.

**3. Trim** beets and rub with a paper towel to remove peels. Cut into wedges, putting dark ones in a medium bowl and lighter ones in another medium bowl.

**4. Toss** chicken with light beets and enough dressing to coat. Toss dark beets with some dressing. In large bowl, toss greens and nuts with remaining dressing, then gently combine with chicken mixture. Arrange on a platter and tuck in dark beets. Season with more salt to taste if you like.

**PER SERVING** 577 CAL., 61% (353 CAL.) FROM FAT; 29 G PROTEIN; 40 G FAT (5.8 G SAT.); 32 G CARBO (10 G FIBER); 600 MG SODIUM; 62 MG CHOL. >88

## Beets

For the prettiest salad, go for a mix of colors such as red-and-white-ringed Chioggia, golden Yellow Detroit, and reddish purple Bull's Blood.

## Dandelion greens

Though wild greens are perfectly edible, cultivated varieties like *Cichorium intybus* are less bitter.

