



Makes 10 cups salad
Preparation Time: 20 minutes
Cook Time: 25 minutes

INGREDIENTS:

⅓ cup orange juice

2 tablespoons red wine vinegar

2 tablespoons chopped walnuts,
toasted

2 teaspoons pure maple syrup

2 teaspoons Dijon mustard

Sea salt and freshly ground
black pepper, to taste

2 medium-size red beets, peeled
and cut into ⅛-inch-thick slices

6 cups fresh baby spinach

3 cups chilled cooked farro

2 fresh pears, cored and
chopped

¼ cup chopped red onion

Farro and Spinach Salad with Air-Fried Beets

With air-fried beets, tangy orange dressing, and chopped fresh pears, this salad packs a fruity punch with every bite. The secret to crispy beet chips is slicing them ultra thin: A sharp knife works, but a mandoline makes it even easier.

By Nancy Macklin, RDN

- 1 For dressing, in a small blender place the first five ingredients (through mustard). Cover and process until smooth. Season with salt and pepper.
- 2 Preheat air fryer to 350°F. In a medium bowl toss beets with 2 Tbsp. of the dressing. Arrange beets in air fryer, overlapping slightly. Air-fry about 20 minutes or until evenly browned and ruffled- looking. (Beets may not be crisp). Transfer beets to paper towels and let stand 10 minutes. (Beets will crisp as they cool.)
- 3 Meanwhile, in a large bowl toss together spinach, farro, pears, and onion. Drizzle with the remaining dressing; toss to coat. Top servings with beet chips.