

Angels Cook Book



Beet Salad with Goat Cheese

4 medium beets, scrubbed, trimmed, and cut in half	½ cup frozen orange juice concentrate
⅓ cup chopped walnuts	¼ cup balsamic vinegar
3 tablespoons maple syrup	½ cup extra-virgin olive oil
1 (10 ounce) package mixed baby salad greens	2 ounces goat cheese

Instructions:

Place beets into a saucepan; add enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut into cubes.

While beets are cooking, place walnuts in a skillet over medium-low heat. Heat until warm and starting to toast. Stir in maple syrup; cook and stir until evenly coated, then remove from heat and set aside to cool.

To make the dressing: Whisk orange juice concentrate, balsamic vinegar, and olive oil together in a small bowl.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over greens. Place equal amounts of beets over greens and top with pieces of goat cheese. Drizzle dressing over each salad.

Serve and enjoy!

Nutritional Information

Serving Size: 8 servings • Calories: 348

www.allrecipes.com/recipe/90500/beet-salad-with-goat-cheese/



Lemon Berry Trifle

4 cups heavy whipping cream, divided	2 tablespoons lemon juice
¾ cup confectioners' sugar	1 dash vanilla extract
2 (3.4 ounce) packages of instant lemon pudding mix	3 cups sliced fresh strawberries
1 (9 inch) angel food cake, cubed	2 cups fresh blueberries
	2 cups milk

Instructions:

Whisk together 2 cups whipping cream, milk, lemon pudding mixes, and lemon juice in a large bowl until creamy and smooth. Cover and refrigerate pudding until set, about 1 hour.

Beat remaining 2 cups whipping cream in another bowl until foamy. Gradually add confectioners' sugar and vanilla, beating until stiff peaks form. Lift the beater or whisk straight up: whipped cream should form sharp peaks.

Layer 1/2 of the angel food cake in a trifle bowl. Top with 1/2 of the pudding, 1/2 of the strawberries, and 1/2 of the blueberries. Spread 1/2 of the whipped cream over berries. Repeat layers. Cover and refrigerate until ready to serve.

Nutritional Information

Serving Size: 20 servings • Calories: 291

www.allrecipes.com/recipe/228815/outrageous-lemon-berry-trifle/