

Health



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Preheat oven to 400°F. Trim beet stems to 1 inch; gently wash beets. Wrap individually in aluminum foil; place on jellyroll pan.

Bake at 400°F for 1 hour or until tender. Transfer to wire rack, and let cool, wrapped in foil, 30 minutes.

Meanwhile, decrease oven temperature to 350°F. Bake walnuts in single layer on jellyroll pan 5 to 7 minutes or until lightly toasted and fragrant. Cool completely on wire rack (about 15 minutes).

Whisk together lemon juice, syrup, mustard, salt, and pepper in small bowl. Add oil in slow, steady stream, whisking constantly until smooth.

Peel beets; remove stem ends. Cut beets into 1/2-inch wedges; gently toss with 1/4 cup vinaigrette.

Arrange greens on serving platter. Top with beet mixture, blueberries, cheese, and walnuts; serve with remaining vinaigrette.

Nutrients per serving: 581 calories, 52g fat, 468 calories from fat, 11g saturated fat, 22mg cholesterol, 383mg sodium, 11g protein, 4g dietary fiber

Recipes from the Chilean Fresh Fruit Association, find more healthful recipes at www.ChileanFruitOnline.com.

Wounded Warriors



President Barack Obama signs the prosthetic arm of Sgt. Carlos Evans, USMC, after greeting wounded warriors in the East Room during their tour of the White House, March 6. First Lady Michelle Obama first met Evans, who was injured in Afghanistan while on his fourth combat deployment, during a visit to Walter Reed Army Medical Center in 2010.

OFFICIAL WHITE HOUSE PHOTO BY PETE SOUZA

Jiro Dreams of Sushi (PG for mature themes and brief smoking) Gourmet biopic about 85 year-old Jiro Ono, the legendary chef and owner of Tokyo's Sukiyabashi Jiro, considered by many to be the best sushi restaurant in the world. (In Japanese with subtitles)

Playback (R for graphic violence, sexuality, nudity and teen partying) High attrition-rate horror flick about an evil spirit that's suddenly unleashed when a group of high school students decide to explore a dark rumor about their hometown's past. Starring Christian Slater, Johnny Pacar and Ambyr Childers.

Shakespeare High (Unrated) Theater appreciation documentary chronicling promising high

school students performing at the 90th Annual Shakespeare Festival staged in L.A. by the Drama Teachers Association of Southern California.

Sound of Noise (R for profanity and brief nudity) Swedish crime comedy about a tone deaf cop's (Bengt Nilsson) attempt to track down the gang of musical anarchists which has been terrorizing Malmo by staging impromptu percussion concerts all over the city. With Sanna Persson, Magnus Borjesson and Marcus Boij. (In Swedish with subtitles)

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