

RED, WHITE, AND BLUE BEET SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1 cup)

Nutrition (per serving)

Calories: 116

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 209 mg

Total Carbohydrate: 16 g

Dietary Fiber: 4 g

Total Sugars: 12 g

Protein: 4 g



Ingredients

Vinaigrette

- 1 Tablespoon extra-virgin olive oil
- 1 Tablespoon honey

Beet Salad

- 6 ½ cups of beets
- ¾ cup crumbled goat cheese
- 2 Tablespoons fresh squeezed lemon juice
- ¼ cup fresh squeezed orange juice
- ¾ cup blueberries
- Salt to taste



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Directions

1. In a small mixing bowl, whisk together ingredients for the vinaigrette and set aside.
2. Next, spiralize beets and trim down into smaller noodles. Set aside in separate bowl.
3. Add vinaigrette to beets and toss salad in vinaigrette, using tongs.
4. Finally, top salad with blueberries and goat cheese.