

BEET & APPLE SALAD



Olive Oil
1/3 cup



Lemon Juice
1/4 cup



Leafy Greens
~3-4 cups



Yellow or White or
Red Onion
1 onion



Any Bean
1 can ~540 mL



Beets
~3 beets



Feta Cheese
1/2 cup



Apple
~1 apple



Bell Pepper
1 pepper

1 Preheat oven to 375 F. Wash the beets well. Wrap beets in tinfoil and bake for 35-60 minutes or until soft and easily pierced with a fork. Let cool.

2 Wash leafy greens and add to large bowl. Mix together olive oil and lemon juice. Add dressing to greens and mix thoroughly.

3 Mix diced apple, onion, pepper, and feta cheese into bowl with the greens. Rinse canned beans well. Add to bowl.

4 Once beets are cooled, slip off beet skins and trim top off. Dice and add to bowl. Combine all ingredients and enjoy.

Preparation Time: 20 minutes

Total Cook Time: 1 hour

Servings: 6

Nutrition Information per serving:

Calories: 333 kcal

Protein: 13 g

Carbohydrates: 26 g

Fibre: 9 g

Total Fat: 17 g

Saturated Fat: 4 g

Sodium: 433 mg

Potassium: 490 mg

Calcium: 140 mg

Iron: 2 g

Storage Information:

Store in an air-tight container in the fridge for 3-4 days.