

Beet and Orange Salad

Makes 3 servings.
1½ cups per serving.

Ingredients

- 4 medium beets, peeled and sliced
- 2 teaspoons olive oil
- ½ orange, juiced
- ¼ teaspoon salt
- 1½ oranges, peeled, quartered and sliced
- ½ head green leaf lettuce, washed and torn (or 3 cups mixed greens)
- 1 tablespoon sunflower seeds, shells removed

Prep time: 15 minutes
Cook time: 10 minutes

Preparation

1. In a medium pot, add beets and 1 inch of water and cover with a lid.
2. Cook over medium heat until beets are tender (about 10 minutes).
3. Remove from heat and let cool for 10 minutes.
4. In a large bowl, combine oil, orange juice and salt.
5. Add beets, orange slices and lettuce, and toss to combine.
6. Top with sunflower seeds and serve right away.



Nutrition information per serving:

Calories 120, Carbohydrate 18 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 5 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 260 mg

Cost per serving: \$1.34

Cost per recipe: \$4.02



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