



Luscious Beet Salad

6 Servings

The taste and texture of this colorful and flavorful salad is much more than the individual ingredients.

Salad:

3 large beets
1/4 cup pumpkin seeds (pepitas), toasted
1 bag mixed salad greens
2 green onions, finely chopped
1/3 cup feta cheese

Dressing:

2 Tablespoons olive oil
3 Tablespoons balsamic vinegar
3/4 teaspoon Dijon mustard
1/4 teaspoon freshly ground pepper
1 Tablespoon fresh basil, chopped fine or 1 teaspoon dried

- Wash beets. Place beets in a large pot filled with water and bring to a boil. Lower heat and simmer until beets are tender (about 50 minutes). Drain and set aside to cool.
- Toast pumpkin seeds in a skillet over medium heat stirring continuously. Seeds are ready when they puff up and give off a nutty aroma. Remove seeds and set aside.
- Place all dressing ingredients in a jar and shake well.
- Peel beets by cutting off the tops and slipping the skins off with your hands. Slice beets.
- Put beets, salad greens, pumpkin seeds, and green onions in a salad bowl. Pour dressing over salad and toss gently. Crumble feta cheese on top. Serve chilled or room temperature.

Nutrition Information

Calories: 132 Carbohydrates: 6g

Total fat: 9g Fiber: 2g

Saturated fat: 2.6g Protein: 5.4g

Recipe adapted from Feeding the Whole Family by Cynthia Lair