



## Luscious Beet Salad

Makes 6 Servings

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

### Salad:

3 large beets  
¼ 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  
¾ teaspoon Dijon mustard  
¼ teaspoon freshly ground pepper  
1 tablespoon fresh basil (1 tsp dried) chopped finely

- 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 at room temperature or chilled.

### Nutrition Information (with feta cheese)

Calories: 132

Total fat: 9g

Saturated fat: 2.6g

Carbohydrates: 6g

Fiber: 2g

Protein: 5.4g

Recipe adapted from Feeding the Whole Family by Cynthia Lair