

Beets, Beans and Greens

¼ cup lemon juice
1 garlic clove (finely chopped)
2 tsp. mustard
2 tsp. vegetable oil
2 cups beets (cooked, sliced)
1 head of lettuce (washed, torn into pieces)
2 cups beans (cooked, rinsed)
Salt and pepper (to taste)

PREPARATIONS

1. Combine lemon juice, garlic, mustard, oil, salt and pepper in a large bowl to make a dressing.
2. Place sliced beets in a separate bowl. Toss 1 Tbsp. of dressing with beets to coat.
3. Toss the lettuce pieces and beans with the remaining dressing in the large bowl.
4. Plate dressed salad and beans. Add dressed beets on top.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	150
Total Fat	5 g
Protein	6 g
Carbohydrates	22 g
Dietary Fiber	7 g
Saturated Fat	1 g
Sodium	176 mg
Total Sugars	5 g

Source: USDA