



Beet, Strawberry, and Mixed Greens

4 Servings • 1 Serving = 2 Cups

INGREDIENTS

- 2 cups canned beets or 2 medium sized fresh beets
- 2 cups sliced strawberries
- Leaves from 1 small bunch of fresh mint, thinly sliced (about ½ cup)
- 2 teaspoons balsamic vinegar
- 1 Tablespoon extra virgin olive oil
- ½ teaspoon salt
- Freshly ground black pepper, to taste
- 4 cups mixed greens of choice, such as spinach or arugula
- 1 large avocado, pitted and flesh scooped out, sliced into chunks
- ¼ cup walnuts, chopped

DIRECTIONS

1. If using fresh beets, wash and trim the greens if still attached. Place them in a small baking dish, fill with just enough water to cover the bottom of the beets, and cover with foil. Bake in a 375°F oven until very tender, about 45 minutes-1 hour. Once cooled, rub the peels off with a paper towel and slice. Alternately, use 2 cups of canned beets, drained well.
2. In a small bowl, combine the beets, strawberries, and fresh mint. Pour the balsamic vinegar and extra virgin olive oil over the mix, season with salt and freshly ground black pepper, and stir gently to combine.
3. Place the mixed greens into a large salad bowl.
4. Pour the beet strawberry mix over the greens. Add the avocado chunks and gently toss.
5. Garnish with chopped walnuts.

Nutrition Facts

4 servings per container	
Serving size	2 cups
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 4mg	20%
Potassium 643mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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