



ON THE MENU: BEETS



CITRUS BEET SALAD

Makes: 4 servings

Recommended serving size: 3/4 cup

Ingredients:

- 3 large beets, peeled and trimmed
- 1 orange, juice and zest
- 1 lime, juice and zest
- 1/2 cup scallions, chopped

Directions:

1. Shred beets and add to bowl.
2. Add zest and juice from orange.
3. Add zest and juice from lime to taste.
4. Top with scallions before serving.

Nutrition information per serving:

40 calories, 9 grams carbohydrates, 2 grams protein, 0 grams fat, 2 grams fiber, 50 mg sodium, 5 grams natural sugar

THE NUTRITION

Antioxidants: provide anti-inflammatory benefits.

Folate: promotes heart and neurological health.

Low Calorie: supports weight management goals.

THE USES

Lower calorie hummus in place of chickpeas.

Pickle for a healthy snack, or as a sandwich or salad topper.

Pair with goat cheese on a spinach salad or crackers.

Noodle for a lower calorie pasta alternative.