

Preventing Women's Heart Disease Through Education



CAROL For Heart

Orange and Beet Salad

Servings: 4

1 bunch of beets, leaves removed (save them for beet greens!) - about 4 or 5 medium sized
2 large navel oranges, peels cut off with a small knife and sliced
1 bunch of arugula leaves, cleaned, and any thick stems removed
Several thin slices of red onion
Optional 1/4 cup chopped walnuts

Dressing

In a small jar, mix the following ingredients. The mustard is there to act primarily as an emulsifier.
1/4 cup white wine vinegar
1/4 cup olive oil
1/4 teaspoon dried mustard
Salt and pepper to taste

- Cook the beets with their peel on. I prefer the boiling method because it's more efficient - cover the beets with water, bring to a boil, and simmer for 30 minutes or until beets can easily be pierced through with a fork. Alternatively you can wrap the beets in aluminum foil and bake them in the oven at 400°F for an hour or until done. After cooking, allow the beets to come to room temperature and remove their peels. Slice or quarter them. If you have time, place them in a small bowl and marinate them in half of the oil and vinegar dressing, ingredients listed above.
- Compose individual salad plates with arugula, a few slices of orange, a few beets, a few slices of red onion and a few chopped walnuts.

Per Serving: Calories-14; Total fat-14g; Saturated fat-2g; Trans fat-0g; Cholesterol-0mg; Sodium-37.5mg; Total Carbohydrate-13g; Dietary Fiber-3.25g; Sugars-9.75g; Protein-1.5g

Recipe courtesy of: Joanna K Chodorowska, BA, CN • www.nutrition-in-motion.com

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