



## BEET AND ORANGE SALAD

FROM MAYOCLINIC.ORG

Servings: 4

Preparation Time : 30 Min.

**Ingredients:**

- 2 bunches beets with greens
- 2 ribs celery (1/2 cup)
- 1/4 head Napa cabbage (1 1/2 cups)
- 1 small yellow onion (1/2 cup)
- 2 oranges (1 tablespoon zest, 1 cup orange flesh)
- 1/2 tablespoon olive oil
- Black pepper to taste

**Directions:**

1. Preheat oven to 400 F. Cut greens off of beets, rinse under cold running water, drain well and reserve.
2. Wash beets. Drizzle a bit of olive oil onto your hands and rub beets to coat them lightly. Wrap beets in aluminum foil and bake for about 45 minutes or until tender. Cool until you can handle and then pull off the outer skin. Slice and set aside.
3. Cut beet greens into strips and place in mixing bowl. Chop celery, cabbage and onion, and add to bowl. Zest and juice 1 orange. Peel the other orange and cut into thin slices. Add slices to bowl. Drizzle mixture with olive oil. Season with black pepper and toss to combine. Arrange salad and beets on chilled plates and serve.

| Nutrition Information Per Serving: |      |
|------------------------------------|------|
| Calories                           | 78   |
| Total Fat                          | 2g   |
| Cholesterol                        | 0mg  |
| Sat. Fat                           | 0g   |
| Sodium                             | 83mg |
| Carbs                              | 13g  |
| Fiber                              | 4g   |
| Protein                            | 2g   |



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