

Beet and Goat Cheese Salad

Makes 5 servings



Ingredients

- 5 large strawberries sliced
- 1/4 cup of crumbled goat cheese
- 2 beets (cooked and diced)
- 2 small oranges segmented
- 1/3 cup of walnuts toasted
- 1 shallot thinly sliced
- 1 head of red lettuce

Dressing

- 2 tbsp of red wine vinegar
- 1 tbsp of stone ground mustard
- 1 tbsp of honey
- 1/3 cup of olive oil
- Salt and Pepper

Directions

1. Cut and wash the lettuce.
2. In a Large bowl whisk together mustard, red wine vinegar and honey. Slowly pour in a 1/3 cup of olive oil. Season with salt and pepper.
3. Add lettuce to bowl and toss.
4. Place on a serving dish and top with beets, goat cheese, oranges and walnuts.
5. Serve and Enjoy

Nutrients (approximately)

Calories per serving: 314

Total Fat 24.5g, Sat. Fat 6.5g, Sodium 143.6mg,
Carb. 19.3g, Fiber 4.2g, Sugars 11.6g, Protein 7.6g

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