

Spinach, Beet and Orange Salad

Ingredients:

1 tbs. minced onion
 10 oz. fresh spinach
 1 cup of steamed beets
 1/8 tsp salt
 2 Tbs lime juice
 2.5 Tbs of extra virgin olive oil
 2 oranges, peeled and segmented



Serves: 4

Nutrition Facts

Serving Size 1/2 cup
 Servings Per Container

Amount Per Serving

Calories 150 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 16g 5%

Dietary Fiber 4g 16%

Sugars 10g

Protein 3g

Vitamin A 140% • Vitamin C 110%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



*GLUTEN-FREE



*VEGAN



*SOY FREE

Directions:

1. In a medium bowl, whisk together the olive oil, lime juice, and salt.
2. Slice the cooled and peeled beets into 1/4-inch tick slices.
3. In a large bowl, combine the spinach, beets, oranges and onions. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.