



## Beet and Carrot Salad

Serves 6-7

- 1 lb fresh beets
- 1 lb carrots, peeled
- 1 head Boston lettuce, washed, rinsed and broken into bite-sized pieces
- ½ medium cabbage shredded

- Cook beets until tender. Allow to cool.
- Peel, cut into quarters and thinly slice.
- Cook carrots until tender. Allow to cool and thinly slice.

Make a bed of lettuce and cabbage on a platter, and arrange slices of carrots and beets over it. Top with a vinaigrette dressing.

### Nutritional information (without dressing):

Calories: 93	Fat: 2g
Saturated fat: 0.1g	Cholesterol: 0mg
Protein: 3.8g	Carbohydrate: 20.4g
Fiber: 6.4g	Sodium: 312.3mg