



# **Fresh Fall Beet Salad**

Recipe Courtesy Chef Bryan Woolley

- 4 medium size beets
- 6 cups mixed greens
- 2 cups large red kidney beans
- 2 tbsp goat cheese
- 1 tbsp herbs de province herb blend
- 1 tbsp rice vinegar
- 2 tbsp extra virgin olive oil
- ½ tsp sugar
- Salt and freshly cracked pepper

1. Boil beets in water until tender. Allow to cool and then peel the skins off the beets. Slice and set aside until ready to use.
2. In a small bowl, whisk together herbs de province, rice vinegar, and olive oil.
3. Divide the sliced beets between 4 plates.
4. Toss salad with newly whisked together vinaigrette.
5. Top salads with kidney beans, goat cheese salt and freshly cracked pepper.
6. Serve with artisan bread and enjoy!

## **Nutrition Facts**

Servings: 4

Serving Size: 1 Beet

Calories	240
Protein	11g
Carbohydrate	32
Total Fat	9g
Saturated Fat	2g
Cholesterol	5mg
Sodium	480mg
Fiber	10g

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## **Diabetic Exchanges**

Protein	1.5
Fat	2
Carbohydrates	2