



Fresh Fall Beet Salad

Serves 4

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!

Nutritional Analysis

Serving Size: One beet

Calories	240
Fat	9g
Saturated Fat	2g
Cholesterol	5mg
Sodium	480mg
Carbohydrates	32g
Fiber	10g

Diabetic Exchanges:

Protein	1.5
Carbohydrates	2
Fat	2