



Beet, Apple and Feta Cheese Salad

INGREDIENTS:

3 medium	beets
1 medium	apple, diced
¼ c	toasted walnuts
¼ c	chopped parsley
¼ c	thinly sliced red onion
2 T	balsamic vinegar
¼ c	olive oil
¼ t	Dijon mustard
¼ c	crumbled Feta cheese

PREPARATION:

- Preheat oven to 400°F.
- Scrub beets, wrap in aluminum foil.
- Bake until tender, about 45 minutes.
- Cool completely, peel and cut into ½-inch cubes.
- In mixing bowl, mix beets with apple, walnuts, parsley and red onion.
- Make dressing by whisking together balsamic vinegar, oil, and mustard.
- Pour over the salad and season to taste with salt and freshly ground pepper.
- Toss with Feta cheese just before serving.

Number of Servings: 12

Serving Size: ½ cup

Calories per serving: 48

Fat grams per serving: 3

