

Beets, Beans, and Greens Salad

Just Say Yes to Fruits and
Vegetables

Packed with un-BEET-able nutrients, this salad is the one for you!



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Serves 6 • Serving: 1 cup

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Escarole contains vitamin A, which is good for healthy eyes and skin!

Ingredients:

- ¼ cup vinegar
- 1 minced garlic clove
- 2 teaspoons mustard
- 2 tablespoons vegetable oil
- Salt and pepper, to taste
- 2 cups sliced cooked beets
- 1 head escarole, torn into bite sized pieces
- 2 cups cooked white beans

Directions:

1. Make the dressing: in a large bowl, combine vinegar, garlic, mustard, oil, salt, and pepper.
2. Place the sliced beets in a small bowl.
3. Measure 1 tablespoon of dressing and add to the beets. Toss well to coat the beets in the dressing.
4. Add the escarole and beans to the large bowl with remaining dressing. Toss well.
5. Place the escarole and bean mixture on 6 plates.
6. Top the salad with beets and serve. Enjoy!
7. Refrigerate leftovers.