

BEEETS

Beetroot, commonly known as beets, are packed with essential vitamins, minerals and plant compounds that help keep your body healthy. They are low in calories and a great source of nutrients, including fiber, folate and vitamin C. Beets also contain nitrates and pigments that may help lower blood pressure and improve athletic performance.



HARVEST  *of the*
MONTH

RECIPE CORNER

BEAT AND GOAT CHEESE SALAD

YIELD: 4 Servings

INGREDIENTS

- 1 can (14 oz.) brown lentils, drained and rinsed
- 1 can (14 oz.) baby beetroots, drained and quartered
- 1 medium pear, diced
- 1 cup of salad greens
- 3 oz. goat cheese, crumbled
- 1 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- ¼ tsp. mustard powder
- 1 clove garlic, crushed
- Pepper to taste

DIRECTIONS

Add lentils, baby beets, pears and salad greens to a large bowl. In a separate bowl, add olive oil, vinegar, mustard and garlic and whisk to combine. Drizzle dressing over the mixed salad and toss to combine. Top with crumbled goat cheese. Season with pepper, serve and enjoy!

