



Bright Beet and Orange Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: ~2 cups

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- Pinch salt
- Pinch ground black pepper
- 1 cup chopped or sliced cooked beets, cooled
- 1 large navel or Cara Cara orange, peeled and cut into bite-sized pieces (about 1 cup)
- 3 cups fresh arugula
- 2 ounces fresh mozzarella, cut into bite-sized pieces (about ¼ cup)

Directions

1. In a medium mixing or serving bowl, whisk together the oil, vinegar, mustard, salt, and black pepper.
2. Add the beets, orange, arugula, and mozzarella.
3. Toss to combine and coat with the dressing.
4. Serve right away, or chill before serving if desired.

Recipe Notes

- To make this dish a complete meal, add a cooked protein (e.g. chicken, lean beef, shrimp, beans, tempeh).
- Look for cooked beets in the produce section for an easy option.
- Try substituting crumbled feta or goat cheese for the mozzarella.

**Nutrition Facts Per Serving: Calories: 220 | Total Fat: 12 g | Saturated Fat: 4 g
Sodium: 270 mg | Total Carbohydrate: 20 g | Dietary Fiber: 4 g | Protein: 11 g**

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