

Beets, Beans, & Greens

Ingredients:

- 1/4 cup lemon juice (or vinegar)
- 1 garlic clove, finely chopped
- 2 teaspoons mustard
- salt and pepper (optional) (to taste, optional)
- 2 tablespoons vegetable oil
- 2 cups sliced cooked beets (can use canned or fresh)
- 1 head of lettuce (washed and torn into pieces)
- 2 cups cooked beans, rinsed (any kind)



Directions:

1. To make dressing, combine lemon juice, garlic, mustard, oil, salt and pepper (optional) in a large bowl.
2. Place the sliced beets in a small bowl. Toss 1 Tablespoon of the dressing with the beets to coat.
3. Toss the greens and beans with the remaining dressing in the large bowl.
4. Place onto plates and top with beets.

Nutrition Information

for 1.5 cup, 1/6 of recipe (251g)

Nutrient Information:

Amount: 1 serving	140 mg	Protein
Calories	Total Carbohydrate	8 g
170	26 g	Vitamin D
Total Fat	Dietary Fiber	N/A
5 g	6 g	Calcium
Saturated Fat	Total Sugars	N/A
0 g	5 g	Iron
Cholesterol	Added Sugars included	N/A
0 mg	N/A	Potassium
Sodium		N/A

Source:

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/beets-beans-greens>