

**Celebrate
National Nutrition
Month®**



**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH® 2016

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Academy of Nutrition
and Dietetics
www.eatright.org

Arbor Recipe of the Week!

Featuring:

Tangy Mandarin Beet Salad

Makes: about 4

Serving Size: ¾ cup

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients:

4 each	Beets, <i>scrubbed, rinsed, tops removed</i>	2 Tbsp	Cider Vinegar
1 cup	Mandarin Oranges, <i>drained</i>	¼ cup	Orange Juice
¼ cup	Red Onion, <i>chopped</i>	¼ cup	Olive Oil
1 Tbsp	Fresh Parsley, <i>chopped</i>	¼ tsp	Salt
1 clove	Garlic, <i>minced</i>	¼ tsp	Pepper

Directions:

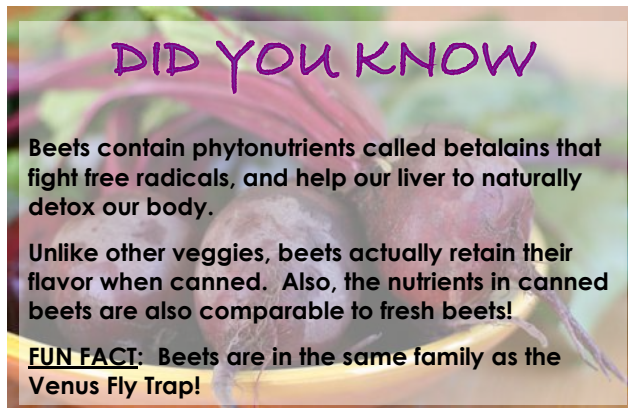
1. Wrap beets in foil, place on a baking sheet, and bake in a preheated oven at 425°F for 45 minutes or until tender. Allow beets to cool in foil. Using gloves peel skins with a peeler and dice.
2. In a large bowl, whisk dressing ingredients: vinegar, juice, olive oil, garlic, parsley, salt, and pepper.
3. Add beets, oranges, and onion. Toss until evenly coated.
4. Divide salad into 4 servings. Serve over a bed of spring greens. Drizzle remaining dressing if desired.

Suggestions:

- Top your salad with different nuts, seeds, dried fruit, or crumbly cheeses. Pumpkin seeds, walnuts, dried cherries or cranberries, and feta or goat cheese would be delicious toppings!

Nutrition Facts

Serving Size ¾ CUP	
Servings Per Container 4	
Amount Per Serving	
Calories 175	Calories from Fat 122
% Daily Values*	
Total Fat 13.5g	21%
Saturated Fat 1.9g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 250mg	7%
Sodium 190mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1.5g	3%
Vitamin A 15%	Vitamin C 46%
Calcium 2%	Iron 4%
Folate 11%	



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