

Beet & Walnut Salad

CONSTIPATION RELIEF

5 Min. Prep | 5 Min. Cook |
Makes 1 Serving

Ingredients

- 2 beets, peeled and diced
- 1 cup kale, torn to small pieces
- 1 1/2 cups spring mix lettuce
- 1/2 cucumber, diced
- 1/4 cup carrot, diced
- 1/4 cup walnuts, chopped
- 1/2 Tbsp. olive oil
- 1 tsp. lemon juice
- 2 Tbsp. garlic hummus
- 2 Tbsp. feta cheese
- 1/4 avocado

Directions

1. Purchase Love Beets or other vacuum sealed peeled & cooked beets.

NOTE: The quickest method of cooking beets is in the microwave.

To cook beets in a microwave:

- Place the beets in a single layer in a microwave-safe dish.
- Add about 1 inch of water to the dish and cover it with a lid.
- Cook the beets on high for 10 to 12 minutes (depending on the size of the beets and the power of your microwave oven).
- Leave the beets inside for 10 more minutes.

2. Tear the kale leaves from the stems and chop the leaves into small pieces.



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Directions cont.

3. Place the torn kale leaves into a large bowl and massage the leaves with your hands for about 2 to 3 minutes. This helps to break the fiber and soften the kale. You will notice that the kale will become bright green.
4. Wash peel carrot, then dice.
5. Wash cucumber and chop into small pieces.
6. Add the feta, walnuts, hummus, lemon juice and olive oil and toss to combine.
7. Add the beets to the kale and mix.



Notes

Enjoy as a side salad to complement a dinner entrée or as a stand alone lunch.

Additional benefits:

- High in antioxidants to support immune health
- Beets are high in potassium which may help lower blood pressure.
- Great source of fiber to support healthy digestion.

Nutrition Info

478 calories, 15g protein, 36g total fat, 7g saturated fat, 493mg sodium, 41g carbs, 12g fiber, 0g added sugars