

Beet & White Bean Salad

Give yourself an extra dose of fiber and flavor with this delicious salad featuring canned white kidney beans and beets.

Makes: 4 Servings

Source: MyPlate.gov, Beet & White Bean Salad

Ingredients

Dressing:

- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon sugar
- 1/4 cup extra-virgin olive oil
- Salt and ground black pepper to taste

Salad:

- 2 3/4 cups whole beets (roasted until soft, approx. 1 hour at 400 degrees F), cut into bite size pieces,(or 1-16-ounce can)
- 1 can white kidney beans (cannellini) (15-ounce can)
- 1/2 cup reduced fat crumbled blue cheese
- 1/2 cup coarsely chopped walnuts, toasted
- Baby arugula leaves (optional)

Directions

1. Prepare dressing: In small bowl combine cider vinegar, Dijon mustard and sugar. Gradually add olive oil until well blended. Season with salt and pepper.
2. Prepare Salad: In large bowl combine beets and white kidney beans; toss with dressing.
3. To serve, place arugula leaves on platter or in serving bowl; top with beet mixture. Sprinkle with crumbled blue cheese and walnuts.



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

| Serving Size: 1 Cup | |
|----------------------|--------|
| Nutrients | Amount |
| Calories: | 420 |
| Total Fat: | 29 g |
| Saturated Fat: | 6 g |
| Cholesterol: | 13 mg |
| Sodium: | 454 mg |
| Total Carbohydrates: | 29 g |
| Dietary Fiber: | 7 g |
| Total Sugars: | 5 g |
| Added Sugars: | 1 g |
| Protein | 14 g |
| Vitamin D | 0 mcg |
| Calcium | 169 mg |
| Iron | 3 mg |
| Potassium | 562 mg |

Utensils Needed

- Small bowl
- Measuring cups
- Measuring spoons
- Spoon
- Sharp knife
- Cutting board
- Can opener
- Large bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$14.10

Average cost/serving: \$3.53

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

| | | | | | |
|---|---|---|---|--|---|
|  |  | Add 1 to Cart Apple Cider Vinegar (16 oz.) |  |  | Add 1 to Cart Crumbled Blue Cheese (4 oz.) |
|  |  | Add 1 to Cart Dijon Mustard (10 oz.) |  |  | Add 1 to Cart Chopped Walnuts (8 oz.) |
|  |  | Add 1 to Cart Cut Beets (16 oz.) |  |  | Add 1 to Cart (optional) Arugula (5 oz.) |
|  |  | Add 1 to Cart White Kidney Beans (15 oz.) | | | |

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Refrigerate any leftovers within 2 hours.

Similar Recipes

- Consider trying similar recipes found on snapedny.org, such as:
 - Beet and Carrot Salad
 - Magenta Root Slaw
 - Roasted Beet Salad