

Beets and Apple Salad



Discover our delicious recipe for Beet and Apple Salad, a fresh and vibrant combination that brings together the sweetness of beets with the crispness of apples. Serve with fish or meat and add a whole grain for a complete meal.

Preparation 20 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 185

Fat 10

Carbohydrates 20

Fibre 3

Protein 5

Sodium 365

Ingredients

- 45 ml (3 tbsp) lemon juice
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) maple syrup
- 1 - 398 ml (14 oz) can cubed cooked beets (DelMonte type)
- 1 large apple, small dice

- 50 g (1 ½ oz) feta cheese, crumbled (approx. 80 ml or ? cup when crumbled)
- 60 ml (¼ cup) roasted pumpkin seeds

Preparation

1. In a large bowl, using a whisk, combine the lemon juice, olive oil and maple syrup.
2. Add all other ingredients and mix.

Notes

Can be kept for 4 days in the refrigerator and does not freeze.



Chloé Hoff-Paradis – Nutritionniste Diététiste à Sherbrooke
Registered Dietitian Nutritionist in Sherbrooke