



Citrusy Beet Salad With Salmon and Spinach

By Mary Reilly



Servings: 2

Ingredients	Nutrient value per serving Serving size = 2 c. salad with 2 T. dressing
<p>2 med. beets, cooked and peeled; or 1 15 o-oz. can sliced beets 1 med. lemon 1 T. olive oil 2 t. honey 2 T. dill, chopped 2 scallions, sliced into thin rounds ¼ t. salt 1 small orange 2 c. baby spinach 4 oz. canned salmon 2 t. sesame seeds</p>	<p>Exchanges 1 starch ½ fruit 1 vegetable 2 protein 3 fat Calories 300 Calories from Fat 131 Total Fat 15 g Saturated Fat 3 g Cholesterol 28 mg Sodium 169 mg Carbohydrate 32 g Fiber 8 g Sugar 19 g Protein 16 g</p>
Instructions	Notes
<p>1. Cut the beets into ¼-in.-thick rounds. Divide evenly between two plates. 2. Remove the zest from the lemon. Put zest into a medium bowl. Squeeze lemon juice into bowl. Make a dressing by whisking in the oil, honey, dill, scallions and salt. 3. Remove the zest from the orange. Add the zest to the dressing. Peel the orange and cut the fruit into rounds, discarding any seeds. Divide the orange slices between the two plates. 4. Add the spinach and salmon to the bowl, and toss to coat lightly with dressing. Divide spinach mixture between the two plates. Sprinkle with sesame seeds before serving.</p>	<p>Prep and cook time: 25 min.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread, stuffing, bran germ, malt, starch, etc.).</i></p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p>