



Beet & Apple Salad



Ingredients:

- 1 lb. granny smith apples, peeled & grated
- 1 lb. uncooked beets, peeled & grated
- 1/2 lb. celery, peeled & grated
- 2 Green onion, diced
- 4 oz. apple juice
- 2 oz. red wine vinegar
- 2 oz. olive oil
- 2 Bunches watercress, leaves only
- Salt and pepper

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
 Rev. 1/2010

Makes 10 servings.

Preparation:

Mix apples, beets, celery & green onion together. Season with salt & pepper and set aside. Whisk together apple juice, vinegar & whisk in olive oil slowly. Add the watercress & serve.

Nutritional information per serving:

Calories 110, Fat 6 gm,
 Saturated fat 1 gm,
 Cholesterol 0 mg,
 Carbohydrate 14 gm,
 Fiber3 gm,
 Sodium 60 mg.



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