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Beet Bliss

Prep Time: 20 mins

Total Time: 20 mins

Ingredients

- ❖ 6 cup(s) spinach, baby
- ❖ 1 cup(s) beets, quartered, cooked
- ❖ 1/2 cup(s) vinaigrette, balsamic, fat-free, Maple-Mustard Vinaigrette (separate recipe)
- ❖ 2 tablespoon nuts, pecans, toasted, chopped
- ❖ 2 ounce(s) cheese, goat cheese, crumbled
- ❖ 1/2 cup(s) oil, walnut, or canola oil
- ❖ 1/4 cup(s) maple syrup
- ❖ 1/4 cup(s) vinegar, cider
- ❖ 2 tablespoon mustard, coarse-grain
- ❖ 2 tablespoon soy sauce
- ❖ 1/2 teaspoon salt
- ❖ 1/2 teaspoon pepper, black ground



Preparation

To Prepare Maple-Mustard Vinaigrette:

Whisk together walnut oil (or canola), maple syrup, vinegar, mustard, soy sauce, salt, and pepper in a small bowl.

To Prepare Salad:

1. Toss spinach, beets and Maple-Mustard Vinaigrette in a salad bowl.
2. Top with pecans and goat cheese.