

PINK PARTY SALAD

SERVES 6

Serving size 1/6 of recipe

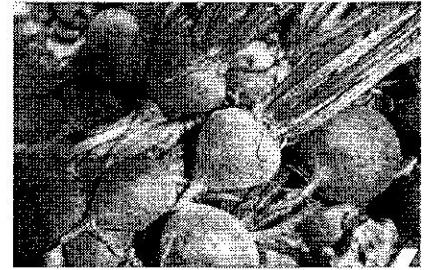
INGREDIENTS

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|---|------------------------|
| 4 potatoes (washed and cut in half) | 1 apple |
| 3 cups beets, cooked (peeled and diced) | 1 teaspoon lemon juice |
| 1 cup peas, green, fresh or frozen | 2 tablespoon olive oil |
| 3 eggs, hard boiled | 3 tablespoons vinegar |
| | 1 tablespoon sugar |

DIRECTIONS

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside ¼ cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil and sugar.
8. Mix thoroughly. Chill and serve.

NUTRITION FACTS: Calories: 140, Fat: 5g , Sodium: 100mg, Total Carbohydrate: 22g, Dietary Fiber: 6g, Protein: 5g



Beet Facts:

- Beets are low in fat and calories.
- Beets are a good source of fiber, folates, potassium and Vitamin C.
- You can use the top greens from the beet. They have a lot of nutritional value!

Source: SNAP-Ed Connection Recipe Finder

SIMPLY GOOD EATING



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