



FLIPANY
The Ingredient to a Healthy Life

Red “Hearty” Beet Salad

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Prep Time: 10 minutes

Cook Time: 30 minutes

Yields: 6 Servings

INGREDIENTS

- 3 Medium beets
- $\frac{3}{4}$ cup Sunflower seeds
- 2 Small tomatoes
- $\frac{1}{2}$ cup Fresh parsley
- $\frac{1}{2}$ cup Celery
- $\frac{1}{2}$ cup Garbanzo beans
- 1 Small red onion
- 1 Jalapeño (seeds & hot vein removed)
- 2 tbsp Olive oil
- $\frac{1}{4}$ cup Lemon juice
- $\frac{3}{4}$ cup Feta cheese

DIRECTIONS

1. Bring a large pot of salted water to a boil. While you are waiting, wash the beets and trim off all but about 1 inch of the beet stems. This will keep the beets from “bleeding” out too much red juice into the water.
2. Once the water is boiling, add the beets and boil them for about 30 minutes.
3. While the beets are boiling, prep the other ingredients by chopping the tomatoes, parsley, celery, red onion, and jalapeño.
4. Once the beets are done boiling, cut them into small cubes.
5. Combine all prepped ingredients into a big bowl with the beets, olive oil, and lemon juice.
6. Serve warm or store in the refrigerator for 3-5 days. Enjoy!

HEALTHY TIP!

*Beets are a nutrient powerhouse providing fiber, vitamin C, iron, and potassium along with being a great source of dietary nitrates.

FLIPANY's mission is to foster healthy lives through nutrition education, physical activities, and wellness initiatives.

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