

Dressed-Up Party Salad

Ingredients

- 3 cups beets, cooked
- 4 yellow potatoes, cooked
- 1 cup peas
- 3 large eggs, hard boiled
- 1 large Pink Lady apple
- 1 tsp lemon juice
- 2 Tbsp extra virgin olive oil
- 3 Tbsp balsamic vinegar
- 1 Tbsp sugar

Directions

1. Boil potatoes and beets until tender. When cool, dice potatoes and place in large bowl. Dice beets and mix with potatoes. Add in peas (uncooked) and carefully mix so not to break up potatoes. Chop hardboiled eggs and add to salad.
2. Peel and core the apple. Dice small, place into bowl with lemon juice. Toss to coat to prevent browning. Add apple to salad.
3. In a small bowl, mix together olive oil, balsamic vinegar, and sugar to create a dressing. Pour over salad and mix thoroughly.
4. Chill and serve.

Handling & Storage

Cut the leaves off the beets, leaving about 1 inch stems. Store leaves in a plastic bag in the vegetable drawer for no more than 3 days. Use the leaves in salads.

Place the beets in a separate plastic bag. Store beets in the refrigerator for up to a week, or a little longer. To prepare, scrub beets with a brush, remove roots, then cut as desired.

Nutritional Information

Calories: 207

Total Fat: 7.5 g

Saturated Fat: 1.5 g

Cholesterol: 93 mg

Sodium: 105 mg

Total Carbohydrates: 29.8 g

Dietary Fiber: 4.8 g

Sugars: 14.7 g

Protein: 7.0 g

Serves: 6