
Beet and Spinach Salad



Servings: 2

1 1/2 cups beets, peeled and spiralized
4 cups spinach, baby
1/2 cup cucumber slices, seeded removed, cut in half moon
1 tablespoon lemon juice
1 1/2 tablespoons extra virgin olive oil
1/2 each avocado, optional
2 tablespoons hemp seed heart, optional
salt and fresh cracked pepper

To make the dressing mix lemon juice in a small bowl with the extra virgin olive oil. Season with salt and pepper.

In a mixing bowl add spinach with half of the dressing toss lightly and put in your two serving bowls.

Next add the beets to the mixing bowl with the rest of the dressing, season and place atop the spinach.

Sprinkle on the cucumbers and hemp hearts. Sliced the avocado fan out and place on top.

Enjoy

Per Serving (excluding unknown items): 237 Calories; 18g Fat (64.4% calories from fat); 5g Protein; 18g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 134mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.