

# Beets, apples and cranberries salad

Source : Folic acid, fibres.



## Ingredients

4	Beets, medium sized, cooked, peeled, diced	4
1	Apple, diced	1
¼ cup	Cranberries, dried, coarsely chopped	60 ml
2 tbsp	Vegetable oil	30 ml
1 tbsp	Sunflower seeds	15 ml
1 tbsp	Vinegar	15 ml
2 tbsp	Honey	10 ml
3 cups	Lettuce, coarsely chopped	750 ml
To taste	Salt and pepper	To taste



## Preparation

1. In a bowl, mix all ingredients except the lettuce. Mix well. Add salt and pepper to taste.
2. Add the lettuce right before serving and mix.



## Tip

1. Use the type of nuts or seeds you have on hand : almonds, walnuts, peanuts, etc.
2. Use the type of oil you have on hand : olive, canola, vegetable, etc.
3. Use the type of vinegar you prefer : white, balsamic, wine, etc.
4. Can be stored for up to 3 days in refrigerator.

## BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.)
- Grain products and starches (rice, pasta, bread, etc.)
- Meat, milk and their alternatives (fish, legumes, cheese, etc.)

