



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Beet-n-Greens Salad (S)

*This superfood side dish is bursting with nutrition! The colors say it all... dark leafy greens and red beets are both high in antioxidants and loaded with vitamins and minerals. They also provide high levels of fiber, which helps control blood sugar, and aids in weight loss!*

*A small to medium beet will work in an S setting like this salad. Paired with the crunch of the sunflower seeds (consider trying pumpkin seeds too for a fun change-up) and simple dressing, this beautiful side dish pairs well with salmon or other fish sauteed with butter, lemon, and garlic. (Not a fish lover... Chicken goes well with it, too. Or if you'd rather make this salad a full meal rather than a side... amp up the amounts of greens on your plate and add diced, cooked chicken or salmon to your big bed of greens and grated beet. Be sure to use the full 2 Tablespoons of sunflower kernels if making this a full meal and go a bit heavier on the vinegar and oil.)*

Serving Size: Single-serve

### INGREDIENTS:

- Handful Spring Mix
- 1 small raw, grated beet
- 2 Tablespoons sunflower kernels
- Sprinkle Trim Healthy Nutritional Yeast
- 2 teaspoons apple cider vinegar
- 1 Tablespoon extra virgin olive oil
- Mineral salt & pepper to taste

### INSTRUCTIONS:

1. Layer ingredients in the order listed onto your dinner plate.

The *Beet-n-Greens Salad* recipe and other delicious THM recipes can be found at  
[www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)