



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.

BEETS & BALSAMIC VINAIGRETTE

INGREDIENTS

- 1 cup roasted beets
- 1 tbsp lemon juice
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1/4 cup olive oil
- Kosher salt (optional)

METHOD

- 1 Blend all ingredients together until the dressing is smooth except oil. Add oil last, pouring in slowly while blender is on.
- 2 Taste the dressing before adding any salt. Add a little at a time if needed, tasting before adding more.

*Serving Size 30g (2 tbsp)

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NUTRITION FACTS: Calories 50 Total Fat 4.5g Sodium 20mg Fiber 0g Protein 0g