**Beet Salad**

**Produce**
garlic*(if needed)*

sweet onion *(if needed)*

1 head red or green leaf lettuce

1 red bell pepper

1 cucumber

Napa cabbage *(if needed)*

6 baby beets or 3 medium beets with greens

16 cherry tomatoes

1 new apple

one half C. walnut halves
 **Canned/Dried Foods**

low-sodium vegetable broth *(if needed)*one 6 oz. can sliced water chestnuts

good olive oil*(if needed)*

rice wine vinegar*(if needed)*

Dijon mustard*(if needed)*

honey*(if needed)*
 **Frozen Foods**

**Meat/Fish/Poultry**
 **Chilled Foods/Dairy**

crumbled feta cheese
 **Additional Items**

good artisan bread*or rolls (if needed)*