**Roasted Beet Dinner Salad**

**Produce**

Garlic *(if needed)*

sweet onion *(if needed)*

red or green leaf lettuce (if needed)

4 oz. baby spinach leaves

cucumber (if needed...you'll need about 1/2 a cucumber tonight)

red bell pepper (if needed)

4-6 small to medium-sized beets

2 Roma tomatoes or 12 cherry tomatoes

one tart apple

3 oz.  walnut halves (if needed)

**Canned/Dried Foods**

Extra-virgin olive oil *(if needed)*

one 8 oz. can sliced water chestnuts

dried tarragon (if needed)

**Frozen Foods**

Chickenless tenders *(if eating meatless)*

**Meat/Fish/Poultry**

One cooked, boneless, skinless chicken breast(if eating meat and if none in freezer at home)

**Chilled Foods/Dairy**

orange juice (if needed)

crumbled feta cheese

**Additional Items**

1 loaf of Artisan bread or 1 artisan roll each