



Beet and fennel Salad with Mixed Nuts

Prep time: 15 minutes

Serves 2

- 4 T. cashew nuts, coarsely chopped
- 4 T. pine nuts
- 2 beets, cooked and chopped
- 1 fennel bulb, thinly sliced
- 3 ounces romaine lettuce (1 small head), shredded
- ½ cucumber, chopped
- 1 green pepper, seeded and chopped
- 4-6 T. nut or seed oil (such as walnut, hazelnut, sesame or pumpkin seed), or olive oil
- Juice of 1 lemon
- 4 T. chopped fresh cilantro
- Freshly ground black pepper, to taste

1. Put the nuts and prepared vegetables in a bowl and toss to mix. In a separate small bowl, whisk together the oil, lemon juice, and chopped cilantro. Season to taste with black pepper.

2. Drizzle the dressing over the salad and toss gently to mix. Serve it on its own or on top of a bed of cooked (hot or cold) brown rice. It also makes a great side dish with a main course.



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