



Beet and Carrot Salad With Pomegranate and Pumpkin Seeds

Yield: 4 servings

Ingredients for salad:

1 large beet (preferably organic), scrubbed and shredded (keep skin on for more nutrients)
2 medium carrots (preferably organic), scrubbed and shredded
1 cup chopped organic fresh flat-leaf parsley
1/2 cup pomegranate arils
1/4 cup unsalted walnuts

Ingredients for dressing:

1 small red onion, diced small
1½ tablespoons balsamic vinegar (or fresh lemon juice)
1½ tablespoons pomegranate molasses
1½ tablespoons extra-virgin olive oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions:

1. Mix together all ingredients for the dressing and set aside so the flavors can blend while you prep the veggies.
2. Stir the dressing into the beet, carrot, and parsley, and then transfer to a shallow bowl. Sprinkle with pomegranate arils and pumpkin seeds. Serve.

Nutritional facts per serving:

Calories:	120	Carbohydrates:	17.6 g
Total Fat:	5.6 g	Dietary Fiber:	3.1 g
Protein:	1.7 g	Sodium:	230 mg

Sources:

Verywellfit.com, Yayforfood.com