



refreshingly healthy

## Arugula, Endive and Beet Salad with Toasted Pecans

### Ingredients:

5 cups Arugula  
 2 heads Endive, sliced  
 2 medium Mandarin oranges  
 4 tsp Red wine vinegar  
 2 tbs Olive Oil  
 1/2 cup Pecan, raw  
 1 beets Beet, fresh



### Recipe Directions:

In a small pot boil water and add beet, cook until fork tender about 30 minutes.  
 In a 400 degree oven toast pecans for 7-8 min on cookie sheet.

Wash and dry the endive and arugula and place in a serving bowl. Over a small bowl and using a sharp paring knife, carefully remove each section of tangerine, cutting between the membranes. Add the sections to the greens. When all the sections have been removed, squeeze the membranes over the bowl. Wisk in the vinegar and oil and season with salt and pepper. Add in roasted pecans and cooked beet. Toss together and serve

**\*\*Variation: May use Champagne Vinegar for added flavor instead of red wine vinegar**

### Nutrient Analysis:

Calories: 226.11	Protein: 5.65 g	Carbs: 18.78 g	Total Fat: 16.50 g
Sat Fat: 1.87 g	Cholesterol: 0.00 mg	Sodium: 81.81 mg	Fiber: 10.87 g

**Serves 4**