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Day 6, Meal 3: Pre-Workout Meal: Roasted Beet Salad

Salad Ingredients:

Red beets, 2 cups
Golden beets, 2 cups
Sweet potato, 2 cups
Mixed greens, 8 cups
Anjou pear, cubed, 2 medium
Dried cranberries, 1 cup
Pumpkin seeds, 1 cup
Feta cheese crumbles, 1 cup
Red onion, sliced, 1 medium
Chicken breast, cooked, 12 oz.

Dressing Ingredients:

Shallot, finely minced, 1
Salt, to taste
Dijon mustard, 2 tbsp
Honey, 1 tbsp
Apple sauce, 2 tbsp
Apple cider vinegar, 1 tbsp
Olive oil, 1 tbsp

Directions

1. To roast the beets, preheat your oven to 375 degrees F. Spray the beets and sweet potatoes with nonfat cooking spray, sprinkle them with salt, and wrap them in aluminum foil. Bake for 45-60 minutes or until soft all the way through (poke one with a fork to test). The potatoes may need to cook slightly longer than the beets. Once cool, dice the beets and potatoes into cubes.
2. Once the beets and potato have cooled, begin to compose the salad. Combine the greens, pear, cranberries, pumpkin seeds, onion, and cheese in a large serving bowl. Add the beets, potato, and chicken.

3. To make the dressing cook the shallots in a skillet over medium heat until soft, about 2 minutes. Add a pinch of salt if desired. Whisk together all the dressing ingredients in a small dish, then add to the salad and toss.

Nutrition Facts:

Serving size: 1/4 recipe

Recipe yields 4 servings

Calories: 188

Fat: 4 g

Carbs: 35 g

Protein: 3 g