

Red Velvet Salad

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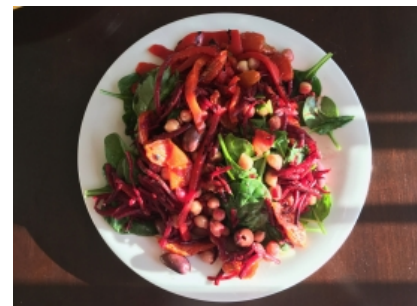
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Serves: 2 | *Serving Size:* 2 cups or 1 plate per person
Total Time: 20 min | *Prep:* 10 min | *Cook:* 10 min

Ingredients:

2 cups of ready-to-serve (cleaned and rinsed) raw spinach
1/2 cup shredded beets
1/4 cup halved cherry tomatoes
2 tablespoons garbanzo beans
1/4 cup whole red olives
1/4 cup roasted red peppers
2 tablespoons red wine vinegar
1/2 tsp olive oil
dash red pepper flakes



Directions:

Toss all ingredients together in large bowl and serve immediately. Serves 2.

Serves 2. Each 2 cups or 1 plate per person serving: 90 calories, 3g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 211mg sodium, 13g carbohydrate, 4g fiber, 5g sugars, 4g protein.© Food and Health Communications
