

# FIXATE RECIPES

## ROOT AND FRUIT SALAD

Serves: 4 (1 ¼ cups each)

GF PF VG

Total Time: 35 min.

Prep Time: 20 min. + 15 min.

Cooking Time: None

### FOR DRESSING:

3 Tbsp. extra-virgin olive oil  
2 Tbsp. fresh orange juice (from medium orange)  
2 Tbsp. fresh lemon juice (approx. 1 medium)  
1 Tbsp. honey  
1 tsp. Dijon mustard  
½ tsp. sea salt (or Himalayan salt)  
¼ tsp. ground black pepper

### FOR SALAD:

1 cup thinly sliced red beets, peeled (approx. 1 ⅓ medium)  
1 cup thinly sliced golden beets, peeled (approx. 1 ⅓ medium)  
1 cup thinly sliced carrots, peeled (approx. 4 medium)  
½ cup thinly sliced turnips, peeled (approx. 1 ⅓ medium)  
½ cup thinly sliced watermelon radishes, peeled (approx. ½ bunch)  
1 cup strawberries, hulled, quartered  
1 cup orange segments (approx. 1 ½ medium)  
Peel of 1 orange, thinly sliced  
2 Tbsp. torn fresh mint

1. To make dressing, place oil, orange juice, lemon juice, honey, mustard, salt, and pepper in a medium mixing bowl; whisk to combine.
2. Place red beets and 2 Tbsp. dressing in a medium bowl; toss to combine.
3. Place golden beets, carrots, turnips, radishes, strawberries, orange segments, and orange peel in a separate medium bowl; toss with *remaining* dressing. Set aside for 15 minutes to marinate.
4. Spread red beets on a serving plate; top with fruit and vegetable mixture. Sprinkle with mint.

### RECIPE NOTES:

- You can also use a spiralizer to prepare the veggies, or purchase some of them pre-spiralized if your supermarket carries them.
- Regular radishes work fine here if you can't find watermelon radishes.
- To make this recipe vegan, you can substitute agave nectar for honey.

### Nutritional Information (per serving):

Calories:	198	Cholesterol:	0 mg	Fiber:	5 g
Total Fat:	11 g	Sodium:	418 mg	Sugars:	17 g
Saturated Fat:	2 g	Carbohydrates:	24.5 g	Protein:	2.5 g

### Container Equivalents (per serving)

THE ULTIMATE PORTION FIX ■ 1 ■ ½ ■ 1

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.