

### Beet Salad



This eye-catching dish marries juicy yellow and purple beets with roasted carrot slices and rainbow chard atop a bed of wheat berry and wild rice. Drizzle with the guest's choice of custom dressings for a flavor-packed meal.

Yield	8-1/4 oz
Serves	1
Preparation time	2 minutes

#### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3	oz	1/2 cup		Wheat Berries with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
3	oz	1/2 cup		Wild Rice with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1/2	oz	2 tbsp		Carrots	sliced, roasted
1/2	oz	1/4 cup		Beet	Yellow, sliced, blanched
1/2	oz	1/4 cup		Beet	Purple, sliced, blanched
1/4	oz	1 tbsp		Chard	Rainbow, stems, sliced, blanched
1/2	fl oz	1 tbsp		Pomegranate Chipotle Vinaigrette - prepared	(see separate recipe)

#### Preparation Steps

1. Add Wheat Berries, Wild Rice, carrots, yellow and purple beets and chard (or guest's choice of vegetables, grains, and garnishes) to a bowl.
2. Toss with Pomegranate Chipotle Vinaigrette (or guest's choice of dressing).

#### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	214.2
Energy (Kj)	909.8
Protein (g)	4.8
Carbohydrate, total (g)	27.8
Fats, total (g)	8.8
Sugars, total (g)	5.9
Fats, saturated (g)	1
Fiber, total dietary (g)	4.7
Sodium (mg)	99.9
Calcium (mg)	19.7
Cholesterol (mg)	0.2
Iron (mg)	1.2
Vitamin A (µg_RAE)	263.5
Vitamin C (mg)	4.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.