



## The Naked Label Cooking Segment

### *A Salad That's Hard To "BEET"*

This is a great salad that is fast to make and doesn't require a lot of ingredients. Cooking healthy doesn't need to be time consuming!

### *Ingredients*

#### **Salad Ingredients**

- 1 Large Beet
- 1/4 Cup Chopped Walnuts
- 1 Green Onion Chopped (optional)

**Note:** If you don't have walnuts, feel free to experiment with another favourite type of nut. Go wild, be creative!

#### **Dressing Ingredients**

- 1 1/2 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsp Red Wine Vinegar
- 1/2 tsp Honey
- Pinch of Salt
- 1/2 tsp Dijon Mustard (optional)

**Note:** Adjust the amount of vinegar to suit your taste buds. I love the taste of vinegar so I'll often add a bit extra.

### *Directions*

Chop the top and bottom off of the beet. Using a knife or a peeler, remove the skin of the beet. Using a grater, grate the beet. To make the dressing, add all of the ingredients to a container with a tight fitting lid and shake. Add the grated beets, chopped walnuts and dressing to a bowl and toss. Serve and enjoy!

**TIP:** When you are working with the beet, wear rubber kitchen gloves to stop your hands from turning pink. Also, to avoid cutting your fingers on the grater, stab a fork into the beet when the piece gets too small to hold (see video for demonstration).

Servings: 2

