

Cucumber-Beet Salad

(The original of this recipe appears on a Danish Internet site at <http://sunsite.auc.dk/recipes/english/o0360195.html>.)

Yield: 8 servings

Ingredients:

1 head leaf lettuce	1 tablespoon lemon juice
1 head romaine lettuce	1 tablespoon honey
2 medium cucumbers	1 tablespoon Dijon mustard
1 medium beet, cooked, chilled and grated	2 teaspoons grated orange peel
3 tablespoons orange juice	½ cup canola oil
	salt to taste

Procedure:

Separate the leaf lettuce and romaine heads into individual leaves, wash and blot dry with paper toweling. Tear leaves into bite-size pieces, and fill large salad bowl. Cover with damp paper toweling and refrigerate until serving time. Meanwhile, scrub and cut cucumbers in half lengthwise and then crosswise to create thin half-moons. Refrigerate the cukes. Combine orange and lemon juices, honey, mustard, and orange peel in small bowl; whisk in oil and season to taste with salt. To assemble salad, pour about half the dressing over the lettuce and toss to coat. Arrange cucumbers in center and beets around the cucumbers. Serve remaining dressing on the side.

about
160 calories and
14 grams of fat
per serving (one-
eighth of the recipe)

A serving of Cucumber-Beet Salad also contains 2 grams of fiber plus one-third of the recommended daily amount for both vitamins A (as beta carotene) and C.

Prairie Fare



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