

Digestive Health

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Beet and Apple Salad



● Ingredients

- 2 thinly sliced apples
- 4 thinly sliced celery stalks
- 1 minced shallot
- Juice from 1 lemon
- 1 beet
- 1 tsp. sugar
- 3 tbs. chopped walnuts
- 3 tbs. olive oil
- 3 oz. unpacked endive
- Salt and pepper to taste