



HEALTH SCORE

83%

Greek Salad with Pickled Beet "Olives"



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium beets yellow peeled
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 teaspoon brown mustard seeds whole
- ☐ 1.5 cup cherry tomatoes halved
- ☐ 0.3 cup cucumber diced seeded
- ☐ 1 large fennel bulb
- ☐ 1 tablespoon fennel seeds

- ☐ 3 garlic clove diced
- ☐ 2 tablespoons granulated sugar white
- ☐ 1 bell pepper green stemmed seeded
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice
- ☐ 1 bell pepper red stemmed seeded
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 cup ricotta cheese low-sodium
- ☐ 6 cups the of 1 cos lettuce washed and dried (one 8-ounce package)
- ☐ 2 tablespoons sun-dried olives low-sodium chopped
- ☐ 0.5 cup water
- ☐ 1 cup vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler
- ☐ tongs
- ☐ cutting board

Directions

- ☐ + To make your pickled beet "olives," start at least a day ahead.
- ☐ + In a small pot or saucepan, mix the vinegar, water, and the sugar.
- ☐ Add the orange juice, mustard seed, and the peppercorns. Bring the pickling liquid to a boil over medium-high heat, then reduce to a simmer and cook, 6 to 8 minutes.
- ☐ Remove from the heat and allow it to cool for at least 20 minutes or longer.

- ☐ + While the liquid is cooling, cut the beet into olive-size cubes and place them with the garlic in a clean container.
- ☐ + When the liquid is lukewarm, pour it into your container, covering the beets. Close the container tightly, give it 5 or 6 good shakes, and stick the beets in the fridge to cool. In 24 to 48 hours, they will be ready to eat and will stay fresh in the fridge for 1 week.
- ☐ + Once your beets have pickled, it's time to roast your bell peppers.
- ☐ Put them in a baking pan and place under the broiler. Turn the broiler to high and check every 5 minutes or so to see if the skin has blistered and charred. Then, using tongs, rotate the peppers to blister and char the other sides.
- ☐ Remove the bell peppers from the oven and put them in a paper bag. Close the top and allow them to steam for 15 minutes. When cool to the touch, slide the skin off the peppers and discard. Slice the flesh horizontally into thin strips and then chop in half. Set aside.
- ☐ + To prepare the fennel, cut the stems and the bottom nub from the fennel bulbs and remove the outer layer if bruised.
- ☐ Cut the bulbs vertically in half.
- ☐ Place the flat side of each half on a cutting board and slice the fennel into thin, crescent-shaped spears. Discard the hard core and set the fennel spears aside.
- ☐ + Chop the romaine leaves into bite-size pieces and put them in a large mixing bowl, gently tossing with the red wine vinegar and olive oil. Next, place the ricotta, sun-dried tomatoes, and fennel seed in another bowl and mix.
- ☐ + To assemble the salad, spread the romaine on a serving dish or platter. Cover with rows of green peppers, fennel, tomatoes, beet, cucumbers, and red peppers.
- ☐ Sprinkle with ricotta and freshly ground black pepper.
- ☐ + sodium count: Beet: 64mg per beet; Fennel: 45mg per 1 cup, 122mg per bulb; Low-sodium ricotta: 24mg per 1/4 cup depending on brand; Sundried tomato: 5mg per serving depending on brand; Cherry tomatoes: 7mg per 1 cup
- ☐ Sodium Girl's Limitless Low-Sodium Cookbook
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Nutrition Facts



Properties

Glycemic Index:122.27, Glycemic Load:10.21, Inflammation Score:-10, Nutrition Score:27.46347827108%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 257.02kcal (12.85%), Fat: 12.08g (18.58%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 22.75g (8.27%), Sugar: 19.15g (21.28%), Cholesterol: 15.81mg (5.27%), Sodium: 112.13mg (4.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin A: 7784.33IU (155.69%), Vitamin C: 104.46mg (126.62%), Vitamin K: 122.57µg (116.74%), Folate: 198.12µg (49.53%), Manganese: 0.88mg (43.78%), Potassium: 1037.65mg (29.65%), Fiber: 7.38g (29.54%), Vitamin B6: 0.38mg (19.12%), Phosphorus: 177.63mg (17.76%), Calcium: 174.11mg (17.41%), Iron: 3.02mg (16.75%), Vitamin E: 2.41mg (16.09%), Magnesium: 63.55mg (15.89%), Copper: 0.28mg (14.05%), Vitamin B2: 0.22mg (13.18%), Vitamin B1: 0.18mg (12.18%), Vitamin B3: 1.98mg (9.88%), Selenium: 6.76µg (9.65%), Zinc: 1.17mg (7.78%), Vitamin B5: 0.73mg (7.25%), Vitamin B12: 0.11µg (1.76%)