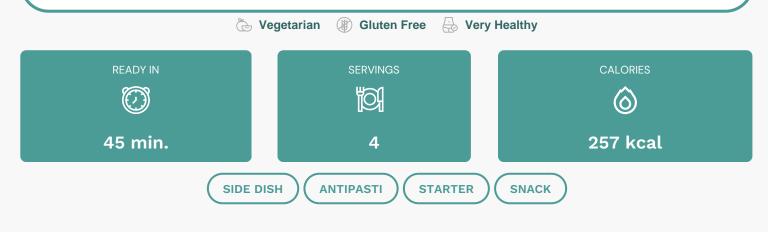


## **Greek Salad with Pickled Beet "Olives"**



## **Ingredients**

	4 servings pepper black freshly ground
	1 teaspoon peppercorns whole black
	1 teaspoon brown mustard seed whole
	1.5 cup cherry tomatoes halved
	0.3 cup cucumber diced seeded
	1 large fennel bulb
П	1 tablespoon fennel seed

1 medium beet yellow peeled

3 garlic cloves 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 low-sodium
6 cups romaine heart leaves washed and dried (one 8-ounce package)
2 tablespoons sun-dried tomatoes low-sodium chopped
0.5 cup water
1 cup citrus champagne vinegar
uipment
bowl
sauce pan
oven
pot
baking pan
broiler
tongs
cutting board
rections
+ 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 theorange juice, mustard seed, and the peppercorns. Bring the pickling liquidto a boil over medium-high heat, then reduce to a simmer and cook, 6 to 8minutes.
Remove from the heat and allow it to cool for at least 20 minutes orlonger.

+ While the liquid is cooling, cut the beet into olive-size cubes and place themwith the garlicinal 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 stayfresh in the fridge for 1 week.
+ Once your beets have pickled, it's time to roast your bell peppers.
Put themin a baking pan and place under the broiler. Turn the broiler to high andcheck 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. Closethe top and allow them to steam for 15 minutes. When cool to the touch, slide the skin off the peppers and discard. Slice the fl esh horizontally intothin strips and then chop in half. Set aside.
+ To prepare the fennel, cut the stems and the bottom nub from the fennelbulbs and remove the outer layer if bruised.
Cut the bulbs vertically in half.
Place the fl at side of each half on a cutting board and slice the fennel intothin, crescent-shaped spears. Discard the hard core and set the fennelspears aside.
+ Chop the romaine leaves into bite-size pieces and put them in a large mixingbowl, gently tossing with the red wine vinegar and olive oil. Next, place thericotta, 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, andred 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: O.68mg, Eriodictyol: O.68mg, Eriodictyol: O.68mg, Eriodictyol: O.68mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Naringenin: O.66mg, Naringenin: O.66mg, Naringenin: O.66mg, Naringenin: O.01mg, Apigenin: O.01mg, Apigeni

#### 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 %: O% (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%)