



4 Servings

## warm beet and dino kale salad

### Ingredients

beets	4 Beet
beet greens, no salt, boiled	3 Cup(s)
olive oil	2 Tbsp
dino kale	4 serving
ginger	1 teaspoons
vegetable seasoning	1 teaspoons
garlic infused olive oil	2 tablespoons

### Nutrition Totals

**Calories 648 / Carbs 343 g / Protein 17 g / Fat 43 g / Fluid 23 fl oz**

### Instructions

Ingredients:  
Bunch of Beets  
Beet Greens (washed) Chopped  
MircoGreens (red Cabbage)  
1 bunch Dion Kale  
1 tbsp Olive Oil  
1 tsp vegetable seasoning  
1 tsp ginger spice  
Elderberry Vinaigrette

Directions:

Slice the beets into 1/4 thick slices. Cut, wash, and chop beet greens. Mix the greens, kale and beets in a small bowl with the spices.  
Heat oil in deep pan, and add the beet slices cook on each side for 3-4 minutes.  
Add the beet greens. kale and beets and cook for 10 minutes ( you want this to be tender)  
Top with mircogreens and 2 tbsp of elderberry dressing.

Starstead Farm  
Taste of Old Country  
Sharkawi Farm  
Diep Roots  
Living Springs Mirco Greens  
Erin's Elderberries



## Nutrition Label

<b>Warm Beet And Dino Kale Salad</b>	
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<b>Amount Per Serving</b>	
<b>Calories</b>	<b>162</b>
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<b>% Daily Value*</b>	
<b>Total Fat</b>	<b>10.6g</b>
Saturated Fat	0.9g
Trans Fat	0g
Cholesterol	0mg
Sodium	324.3mg
<b>Total Carbohydrates</b>	<b>85.8g</b>
Dietary Fiber	5.4g
Total Sugar	6.2g
<b>Protein</b>	<b>4.3g</b>
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<b>Vitamin D</b>	<b>0IU</b>
Calcium	136.3mg
Iron	2.7mg
<b>Potassium</b>	<b>1247.7mg</b>
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	