Beets with Mustard Vinaigrette

1 lb. cooked beets
2 tsp. dijon mustard
1 Tbs. red wine vinegar
1 Tbs. minced shallots
2 Tbs. extra-virgin olive oil
2 Tbs. chopped salted pistachios

1. Slice the beets and arrange on a plate.
2. Whisk the mustard, vinegar, shallots, and olive oil together and drizzle over the beets.
3. Sprinkle with the pistachios.

Per serving (½ cup): calories 140 | total fat 9 g | sat fat 1.5 g | carbs 13 g | fiber 4 g | total sugar 8 g | added sugar 0 g | protein 3 g | sodium 180 mg