

# The Healthy Cook

## Beets with Mustard Vinaigrette

 SERVES 4

- 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.



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*Per serving (1/2 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