

# Beet, Feta & Walnut Salad

## By Dawn Ludwig

Summer salads are a fantastic way to get delicious, nutritious meals without a lot of cooking. The option to add tofu increases the protein thus making this beet salad a more well-balanced AH recipe. Once the tofu is mixed with the feta, you won't even notice it's in there. However, the nutritional benefits will be evident in how satisfied you feel after eating it.

Makes 8 servings  
Preparation time: 10 minutes  
Total time: 10 minutes

## Ingredients

4 large beets (about 2 ½ pounds), cooked and peeled  
4 ounces feta cheese  
8 ounces firm tofu, drained  
1/4 teaspoon salt  
1 small red onion, finely diced  
1 1/2 cups chopped walnuts, roasted  
1/3 cup pomegranate seeds (optional)  
1/4 to 1/2 cup chopped parsley  
1/4 cup lemon juice  
1 teaspoon white wine vinegar or other vinegar  
salt and freshly ground pepper to taste  
lettuce leaves like butter lettuce, romaine, or Belgian endive

First, chop cooked beets into small chunks, place them in a large bowl, and set aside.

Next, crumble feta with the tofu, salt and onions, squeezing with your hands until they are well mixed.

Then, Toss feta mixture with the beets, walnuts, pomegranate seeds, and parsley.

Next, combine lemon and vinegar with salt and pepper. Pour over beets and mix well. Adjust seasonings to taste adding more lemon, vinegar, salt and pepper as needed.

Finally, spoon beet salad into lettuce leaves and serve.

Nutrition: Carbohydrate: 21 g  
Protein: 12 g  
Fat: 19 g

## Meal Suggestion

Serve with grilled boneless, skinless chicken thighs or seasoned tofu kabobs (about 3 ounces per person) topped with 2 to 3 TBS Tzatziki (*Always Delicious* page 304), and a fruit skewer with berries and melon (about 1 - 1/2 cups fruit).    Calories: 528    Carbohydrate: 39 g (28%)    Protein: 36 g (26%)    Fat: 28 g (46%)

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