



Cilantro Beet Salad

Lettuce, Spinach or greens of choice
Fresh Cilantro-chopped
Red Onion chopped (amount to taste)
Red Bell Pepper seeded and chopped-1
1 raw beet (minus stalk), washed and grated
Almond accents or slivers
Light Raspberry vinaigrette to taste

Toss all vegetables together then add dressing
Light Italian dressing can also be used

