

Valentine Salad

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/valentine-salad-recipe>

Ingredients:

- 1 teaspoon nut Umbria, & spice mix
- 3 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1 teaspoon Dijon mustard I like whole grain but either works
- 1 pinch salt
- 15 1/2 ounces cannellini beans also called white kidney beans
- 15 1/2 ounces garbanzo beans also called chickpeas
- 2 beets roasted
- 2 radishes sliced thin
- 1 head lettuce radicchio, shredded
- 1 red pepper
- Parmesan cheese or feta cheese
- fresh parsley for garnish, optional
- nut optional
- spice mix optional

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 111 grams
3. Cholesterol: 5 milligrams
4. Fat: 26 grams
5. Fiber: 27 grams
6. Protein: 39 grams
7. SaturatedFat: 4 grams
8. Sodium: 730 milligrams
9. Sugar: 21 grams

Thank you for visiting our website. Hope you enjoy Valentine Salad above. You can see more 18 valentine salad recipe Cook up something special! to get more great cooking ideas.