

Beet and Goat Cheese Salad with Pistachios

Yield: 8 min
Total Time: 150 min

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

Ingredients:

- 3 red beets large, 1 2/3 lb without greens
- 2 golden beets large, 1 lb without greens
- 1/4 cup shallot minced
- 2 tablespoons fresh lemon juice
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup oil pistachio
- 4 ounces goat cheese soft mild
- 3 tablespoons shelled pistachios salted, not dyed red, coarsely chopped
- 1 ounce lamb mâche, also called, 's lettuce, trimmed, 4 cups

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 15 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 310 milligrams
9. Sugar: 4 grams

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