

# Veggie Niçoise Salad

## Ingredient List

4 servings

- 1 lb. small beets (about 8)
- 4 oz. haricots vert or thin green beans
- 1 lb. small red potatoes
- 6 hard-boiled eggs, quartered lengthwise (optional)
- 12 cherry tomatoes, halved
- Horseradish Dressing
- 2 Tbs. minced shallots
- 2 Tbs. prepared horseradish
- 2 Tbs. sherry vinegar
- 2 Tbs. reduced-fat sour cream
- 1 tsp. Dijon mustard
- 1/4 cup extra-virgin olive oil
- 1 Tbs. chopped fresh dill



## Directions

1. Preheat oven to 425°F. Wrap beets in foil and bake until tender when pierced, about 1 hour. Set aside to cool. Peel beets and cut into small wedges.
2. Bring medium saucepan of lightly salted water to a boil. Add haricots vert and cook until tender, about 4 minutes. Using slotted spoon, transfer haricots vert to colander and rinse under cold running water; pat dry with paper towels. Pour off all but 3 inches water from pan and place steamer basket inside. Add potatoes, cover and steam over medium-high heat until tender when tested with a fork, about 20 minutes. Let cool slightly, then cut each potato into quarters.
3. Make dressing: In medium bowl, combine shallots, horseradish, vinegar, sour cream and mustard. Whisk in oil, 1 tablespoon at a time, until well blended. Season with salt and pepper. (Vegetables and dressing can be prepared up to 1 day ahead. Cover separately and refrigerate. Bring to room temperature before using.)
4. Just before serving, stir dill into dressing. In large bowl, toss beets, beans and potatoes with 1/4 cup of dressing. Mound beet salad on plates and garnish with eggs, if using, and tomatoes. Serve remaining dressing separately.

## Nutritional Information

**Per serving:** Calories: 317, Protein: 14g, Total fat: 12g, Saturated fat: 3g, Carbs: 39g, Cholesterol: 318mg, Sodium: 201mg, Fiber: 5g, Sugars: g



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