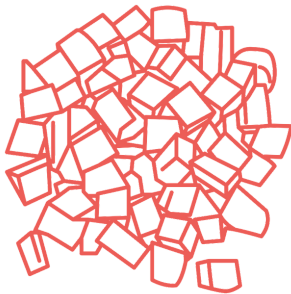


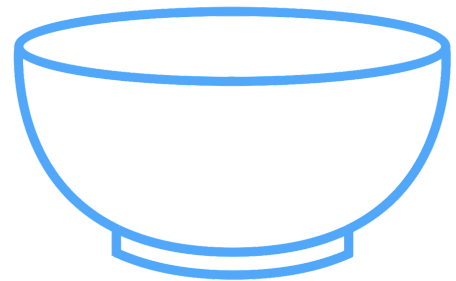
How to Make a Delicious Beet Salad

with goat cheese or otherwise!

1. Chop precooked chilled beets into bite size pieces.



2. Put beets into a bowl.



3. Add optional ingredients such as:

- goat cheese
- feta cheese
- bacon
- chopped nuts
- minced red onions
- chives or green onions
- herbs, etc.

4. Add salt and pepper to taste and a vinaigrette dressing.



Do you get stuck in a rut cooking the same few veggie recipes all the time?
I can help!



I'm Mary Margaret Ripley. I understand that a lack of inspiration in the kitchen can keep you from trying new things. Our website's free recipes and training resources like this one will help you to put more and better vegetables onto your family's table-
-and feel good about it!

Check it out today! www.ripleyorganicfarm.com

Email me at mm@ripleyorganicfarm.com. I'd love to hear from you!