

# Watercress

## Salad with Beets and Feta



Serves 4  
Hands on Time 10 Min  
Total Time 10 Min

### Ingredients

- 2 Bunches M & R Watercress  
Thick stems removed (6 cups)
- 1 15 ounce can whole beets, drained and  
thinly sliced (or fresh boiled or steamed  
beets)
- 4-5 Tablespoons Italian Vinaigrette
- ½ cup Crumbled Feta (2 ounces)

### Directions

1. In a large bowl, toss  
M & R watercress and  
beets with the vinaigrette.
2. Sprinkle with Feta.

### Nutritional Information

Per Serving	
Calories	146 Calories
Fat	10 g
Saturated Fat	3 g
Cholesterol	13 mg
Sodium	506 mg
Protein	4 g
Carbohydrate	12 g
Sugar	8 g
Fiber	2 g
Iron	2 mg
Calcium	148 mg

