**Tuesday, Beet Salad**

**Produce**  
garlic*(if needed)*  
  
sweet onion *(if needed)*

1 head red or green leaf lettuce  
  
1 red bell pepper   
  
1 cucumber   
  
Napa cabbage *(if needed)*  
  
6 baby beets or 3 medium beets with greens  
  
16 cherry tomatoes

1 new apple  
  
one half C. walnut halves  
 **Canned/Dried Foods**  
  
low-sodium vegetable broth *(if needed)*one 6 oz. can sliced water chestnuts

good olive oil*(if needed)*  
  
rice wine vinegar*(if needed)*  
  
Dijon mustard*(if needed)*  
  
honey*(if needed)*  
 **Frozen Foods**  
  
**Meat/Fish/Poultry**  
 **Chilled Foods/Dairy**  
  
crumbled feta cheese  
 **Additional Items**  
  
good artisan bread*or rolls (if needed)*