

Farmers' Market Salad

Seasonal, local vegetables are always a great option. You know they will be fresh, tasty and full of nutrients. Don't be afraid to experiment with different types of toppings, nuts, seeds, vegetables and dressings.



Recipe

Recipe serves	
	4
Ingredient	Amount
Spinach	3 cup
Bacon (nitrate-free)	4 oz
Carrots	1/4 cup
Sliced Cucumber	1/4 cup
Tomatoes	1/4 cup
Raw Pumpkin Seeds	2 tbsp
Olive Oil	2 tbsp
Apple Cider Vinegar	1 tbsp

Instructions

1. Toss ingredients in a large bowl.
2. Add oil and vinegar.
3. Toss and enjoy!



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