

Healthy Food for a Wealthy Mood



Heirloom Tomato and Beet Salad

2 medium-sized red beets
2 medium-sized golden beets
3 Tbsp. chopped fresh chives
2 Tbsp. chopped fresh tarragon
2 Tbsp. chopped shallots
1 Tbsp. capers
3 Tbsp. extra-virgin olive oil
2 Tbsp. balsamic vinegar
1 tsp. Dijon mustard
3 Cups heirloom cherry tomatoes, halved
2 lbs. heirloom tomatoes, sliced
½ tsp. kosher salt
¼ tsp. freshly ground black pepper

Preheat oven to 400 degrees.

Trim roots and stems from beets. Pierce beets with a fork and wrap in foil. Bake for 1 hour or until tender. Cool; peel beets and cut into ¼ inch thick slices.

Combine chives and next 6 ingredients (through mustard) in a small bowl, stirring with a whisk. Combine cherry tomatoes and about 5 teaspoons mustard mixture; toss to coat. Divide sliced beets and sliced tomatoes evenly among 6 plates. Drizzle each serving with about 3 teaspoons remaining mustard mixture. Top each serving evenly with cherry tomatoes. Sprinkle with salt and pepper.

CAL 127; FAT 7.3g; PROTEIN 2.8g; CARB 14.9g; FIBER 4g;
CHOL 0; IRON 1.1mg; SODIUM 275mg; CALC 35mg

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