Spring Beet Salad with Arugula

Ingredients

SERVES 4

1 pkg fresh arugula
4 beets (golden or red)
1/2 cup blue cheese
1/2 cup chopped walnuts
2 shallots, minced
1 tbsp dijon mustard
1/4 cup Champagne vinegar
salt/pepper (as desired)
pinch brown sugar
1/2 cup olive oil
squeeze of lemon juice

Directions

1. Preheat oven to 425 degrees. Destem beets, wrap in foil, and put in oven to roast for 30-40 minutes.
2. Unwrap, peel off skin, and dice.
3. Plate fresh arugula; top with beets and cheese. Assemble dressing by combining ingredients from shallots to lemon juice in a ball jar. Set aside.
4. Toast walnuts in nonstick pan until fragrant, about 2 minutes. Cool.
5. Top salad with dressing and walnuts and enjoy!

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Herb-Crusted Halibut

**Ingredients**

SERVES 4

- 3/4 cup panko
- 4 tbsp fresh parsley, minced
- 4 tbsp fresh dill, minced
- Juice from one lemon
- Salt/pepper
- 4 tsp ground mustard
- 4 tsp ground garlic
- 4 tsp ground paprika
- 4 halibut filets
- Avocado oil

**Nutrition (1 svg)**

- KCAL: 270
- SAT FAT: 2.5 g
- FIBER: 1 g
- SODIUM: 75 mg
- ADDED SUGARS: 0 g

**Directions**

1. Preheat oven to 425 degrees.
2. Combine herbs and panko in a bowl and mix well.
3. Drizzle a tbsp of lemon juice and oil on each filet and sprinkle with salt and pepper. Then top with the herb mix so each filet is covered generously.
4. Heat oil in cast iron pan until hot. Place fish in the pan skin side down on medium high heat and cook for 4 minutes.
5. Then place pan of fish on top rack of oven and cook for 5-8 minutes further until fish is cooked through and opaque and flaky (145 degrees internally). Serve.

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Hasselback Potatoes with Parsley

Ingredients
SERVES 4
4 russet potatoes
4 tbsp avocado oil
1/2 cup parsley chopped
salt and pepper (as desired)

Nutrition (1svg)
KCAL: 190
SAT FAT: 2 g
FIBER: 1 g
SODIUM: 5 mg
ADDED SUGARS: 0 g

Directions
1. Preheat oven to 425 degrees.
2. Place clean potato (with skin) between 2 chopsticks and slice the potato down to the chopsticks in thin slices, leaving about 1/4 inch of potato in tact at bottom.
3. Put potatoes on baking sheet and drizzle about 1 tbsp oil on each potato and sprinkle with salt and pepper.
4. Roast for 50-60 minutes and then top with parsley and serve.