



CHEFS HEALTHY HOLIDAY SPECIAL

Ingredients:

For 5 People

- 2 red beets, cooked
- 3 orange wedges
- 1 medium size jicama (Med size, long thin stripes)
- 1 cup roasted peanuts
- Half a head Ice burg lettuce (long thin stripes, half Head)

Pineapple Dressing:

- 1 cup of Pineapple chunks.
- ½ cup of white vinegar
- 1 cup of olive oil.
- Pinch salt and pepper



Instructions:

- Mount the lettuce in the middle of a medium platter and start putting the cooked beets on top.
- Line the orange wedges and the jicama around it.
- Put the pineapple chunks, vinegar, salt and pepper in a blender and blend for 10 seconds. Slowly add the olive oil to your favorite consistency.
- Drizzle the dressing over the vegetables and garnish with the peanuts.