**Roasted Beet and Arugula Salad**

**Produce**

garlic (if needed)

1 sweet onion

1 bag fresh arugula leaves

red or green leaf lettuce (if needed)

1 cucumber (if needed)

1 carrot

4 small beets

cherry tomatoes (if needed)

1 fresh mango

6  pecan halves

**Canned/Dried Foods**

low-sodium vegetable broth *(if needed)*

good olive oil (if needed)

balsamic vinegar(if needed)

Dijon mustard(if needed)

honey(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

eggs (if needed)

orange juice (if needed)

**Additional Items**

2 Artisan rolls