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## **BEET, AVOCADO, AND ARUGULA SALAD WITH SUNFLOWER SEEDS**

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*Makes three 2-cup servings*

### **FOR THE BIG BATCH:**

- 2 beets, peeled and grated or thinly sliced
- 4 stalks celery, thinly sliced
- 1 English cucumber, seeded, thinly sliced
- 2 scallions (green parts only), thinly sliced

### **FOR EACH SERVING:**

- 1 packed cup baby arugula
  - 2 tablespoons extra-virgin olive oil
  - 2 tablespoons lemon juice
  - Coarse salt and freshly ground black pepper
  - ½ avocado, diced
  - 3 tablespoons sunflower seeds, toasted
- In a large bowl, toss beets, celery, cucumber, and scallions.
  - To serve, toss 2 cups slaw with arugula, oil, and lemon juice.
  - Season with salt and pepper.
  - Top with avocado and seeds.