

# Roasted beet salad

Recipe created by: Angelica Pozzoli, Dietetic Intern

## INGREDIENTS

- 2 medium beets, chopped
- 1 Tbsp extra virgin olive oil
- Dash of salt
- 1/2 red onion, thinly sliced
- Salt and pepper to taste
- 1/2 sprig of dill, chopped
- Half of a lemon, squeezed
- 1 Tbsp extra virgin olive oil
- Feta cheese to top

## DIRECTIONS

1. Preheat oven to 400°F.
2. Chop off beet greens and wash whole beets.
3. In tin foil, season whole beets with extra virgin olive oil, and salt.
4. Tightly wrap foil around beets and place onto a baking sheet.
5. Roast for 50-60 mins, until fork tender.
6. Run beets under water and rub off skin.
7. Roughly chop and chill in the refrigerator for 10 mins.
8. Add all remaining ingredients (except feta cheese) and combine.
9. Top with crumbled feta cheese and serve.



## FUN FACT

Beets are naturally sweet. Roasting beets (in the oven or in an air-fryer) helps caramelize their natural sugars.



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# Un-beetable beets

**BEETS** are a root and grow underground similar to a carrot with a green leafy top.

## SHOPPING & PREPARATION TIPS

- Beets come in red, white, golden orange, and striped.
  - FYI: Red beets can turn your urine red – if that is too shocking for you, opt for yellow or golden beets.
- Beets can be boiled, steamed, baked or eaten raw (shredded in salads or pickled).
- When cooking, keep the peel on your beets. After, simply run under cold water and the skin removes easily by rubbing it off with your hands.
  - Be sure to wear disposable gloves when peeling beets if you don't want to stain your fingers.
- Beet greens are also edible. Their flavor lands between spinach and Swiss chard. Sauté them to make a savory side dish.



## NUTRITION FACTS

- The beet root is a rich source of all forms of B vitamins as well as potassium, magnesium, iron and manganese.
- Betalains are phytonutrients that give beets their color. They have antioxidant and anti-inflammatory properties.
- Beet greens offer carotenoid and flavonoid antioxidants and vitamins C and A. These greens also provide more iron than spinach.

