

Roasted Beet Salad

Beets are a good source of iron and folate. This easy and nutrient-dense salad is un-BEET-able!

Makes: 6 servings

Prep Time: 10 minutes

Cook Time: 1 hour

Source: jsyfruitveggies.org recipe, roasted beet salad

Ingredients

- 4 beets, greens removed
- 2 tablespoons mustard
- 1 tablespoon vinegar
- 2 teaspoons vegetable oil
- 1 teaspoon sugar
- salt and pepper to taste
- 4 cups lettuce

Directions

1. Preheat oven to 400°F.
2. Place beets on large square of foil. Close up foil tightly. Place on baking sheet.
3. Roast beets for one hour or until beets are tender.
4. Let cool slightly and remove beets from foil.
5. Rub off beet skins with a paper towel. Slice the beets.
6. In a large bowl, mix together the mustard, vinegar, oil and sugar.
7. Add beets to bowl. Stir gently.
8. Serve over the lettuce and enjoy!
9. Refrigerate leftovers.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: About 1 cup (102g)	
Nutrients	Amount
Calories:	70
Total Fat:	5g
Saturated Fat:	0.5g
Cholesterol:	0mg
Sodium:	170mg
Total Carbohydrates:	7g
Dietary Fiber:	2g
Total Sugars:	5g
Added Sugars:	0g
Protein	1g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Mixing bowl
- Mixing spoon
- Baking sheet

SHOPPING LIST

Average total cost without oil and seasonings: \$5.43

Average cost/serving: \$0.90

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Beets (bunch)



Add 1 to Cart
Medium Lettuce

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Beets

- Buying canned beets might save you money and time.
- Fresh beets are available year round but might be cheaper and fresher in summer and early fall!
- For the best buy, choose firm, smooth beets which have a rich, dark color.
- To prepare beets, remove greens, leaving 1 inch of stem. Scrub well. Beets may be roasted, boiled, or eaten raw.
- To keep fresh, store beets in the refrigerator and use them within 2 weeks.
- Beets contain fiber which helps to keep you regular.