

Beet Salad

This beet salad is a vibrant, flavorful, and nutritious dish!

Makes: 4 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Source: eatfresh.org

Ingredients

- 1 pound beets fresh, whole (about 4 medium)
- 3 tablespoons lemon juice (about 1 large lemon)
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- Black pepper to taste
- 2 tablespoons fresh parsley, chopped

Directions

1. Place unpeeled beets in a pot and add enough water to cover them.
2. Bring to a boil. Reduce heat and simmer until tender, 20 to 30 minutes. Remove and let cool slightly.
3. Rub off peels using two paper towels. Cut beets into medium cubes and place in a bowl.
4. Add lemon juice, olive oil, salt and black pepper. Stir gently.
5. Cover and refrigerate for 30 minutes to meld flavors.
6. Sprinkle with parsley just before serving.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 3/4 cup

Nutrients	Amount
Calories:	141
Total Fat:	10g
Sodium:	387 mg
Total Carbohydrates:	12 g
Dietary Fiber:	3 g
Protein:	2g

Utensils Needed

- Large pot
- Medium bowl
- Measuring spoons
- Measuring cups
- Sharp knife
- Cutting board
- Paper towels
- Spatula or spoon
- Stovetop

SHOPPING LIST

Average total cost without oil and seasonings: \$3.85

Average cost/serving: \$0.64

Recipe 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
Beet Bunch



Add 1 to Cart
Garlic



Add 1 to Cart
Lemon

My Cooking Notes



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