

Roasted Beet Salad

Just Say Yes to Fruits and Vegetables

This easy and nutrient-dense salad is un-BEET-able!



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Serves 6 • Serving: 1¼ Cups

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Vegetables

Beets are a great source of fiber, which improves digestion!

Ingredients:

- 4 beets, greens removed
- 2 tablespoons mustard
- 1 tablespoon vinegar
- 2 teaspoons vegetable oil
- 1 teaspoon sugar
- Salt and pepper, to taste
- 4-6 cups lettuce

Directions:

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