

# Roasted Beet Salad

Just Say Yes to Fruits and Vegetables

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



[jsyfruitveggies.org](http://jsyfruitveggies.org)

## Roasted Beet Salad

Serves 6 • Serving: 1¼ Cups

*Just Say Yes* to Fruits and  
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.