

ROASTED BEET SALAD

Don't throw out the beet greens! Rinse, chop and add them to soups and stir fry dishes!



**food
bank**
of the Southern Tier

Just Say Yes

To Fruits & Vegetables

www.foodbankst.org/jsy



FIDELIS CARE

ROASTED BEET SALAD

SERVES 6 • SERVING: 1¼ CUPS

Just Say Yes

To Fruits & Vegetables

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.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.