



ROASTED BEET & CITRUS SALAD

Serves 4



Ingredients:

- 3 medium beets, peeled and diced into 1-inch chunks (4 cups)
- 2 tablespoon canola oil (divided)
- 2 cups packed spinach leaves
- 2 cups canned ruby red grapefruit segments in water/juice, drained
- 1 can mandarin orange segments (in water, drained)
- 1 tablespoon chopped red onion
- 2 tablespoon chopped parsley
- 2 tablespoon red wine vinegar • 1/8 teaspoon salt



Directions:

1. Preheat oven to 400 degrees F. Prepare a baking sheet by lining it with foil and coating foil with cooking spray.
2. Use a peeler to remove the peel from each beet. Trim and discard the ends of each beet. Dice each beet into 1-inch chunks. Transfer beets to the prepared baking sheet and drizzle with 1 tablespoon oil. Roast until softened (tender when a knife goes through it), about 45 to 55 minutes.
3. When ready to serve salad, place spinach on the bottom of a serving bowl or platter. Top with drained grapefruit segments and orange segments, along with chopped red onion and chopped parsley. In a small bowl, whisk together 1 tablespoon oil, vinegar, and salt. Pour over the salad and gently toss with tongs.
4. Spoon cooked beets onto the top of the salad. Serve.

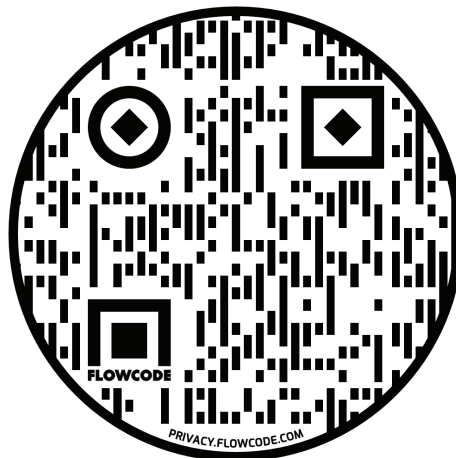


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Nutrition Facts	
Serving size	1/4 of Recipe
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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