

# Beet Delight

6 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 2 bunches beets
- Juice of ½ lemon, or to taste
- 1 teaspoon balsamic vinegar, or to taste
- 1 Tablespoon extra virgin olive oil
- ¼ cup parsley, chopped
- ¼ cup dill, chopped
- ½ cup goat cheese or feta, crumbled
- Freshly ground black pepper, to taste

## DIRECTIONS

1. Wash and trim the tops of the beets. Place in a pot with enough water to cover. Bring to a boil, cover, then turn down heat to a simmer. Simmer until tender, about 20 minutes. Drain and let cool slightly. Once cool enough to handle, rub the skins off the beets, and chop or slice.
2. Alternately, place beets in a baking dish. Cover with foil and bake in a 400°F preheated oven for about 45-60 minutes, depending on their size. Cool slightly, then rub skins off the beets, and chop or slice.
3. In a bowl, combine the lemon juice, balsamic vinegar, and olive oil. Whisk well to combine.
4. In another bowl, combine the beets and herbs. Pour the dressing on top and toss lightly. Sprinkle the goat cheese or feta on top and grind the black pepper on top.
5. Dish can be served warm or chilled.

## Nutrition Facts

6 servings per container  
Serving size 1 cup

Amount per serving  
**Calories 120**

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 170mg 7%

**Total Carbohydrate** 16g 6%

Dietary Fiber 0g 0%

Total Sugars 10g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 2mg 10%

Potassium 575mg 10%

\*The % Daily Value 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.

Developed by The Children's Hospital of San Antonio

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

@CHEFSanAntonio



© Culinary Health Education for Families