



## BEET DELIGHT

6 Servings • Serving = 1 beet

### INGREDIENTS

- 2 bunches beets, about 1 ½ pounds in weight
- 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 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 and chop or slice.
3. Make the vinaigrette: combine the lemon juice, balsamic vinegar, and olive oil. Whisk well to combine.
4. In a bowl, combine the beets and herbs. Pour the dressing on top and toss lightly. Sprinkle the goat cheese or feta on top, grind the black pepper on top, and serve.
5. Enjoy warm or chilled.

**NUTRITION FACTS** Serving Size = 1 cup (132g); Servings per container = 4 - 6; Calories 90; Total Fat 5g (8%); Saturated Fat 2g (10%); Cholesterol 10mg (3%); Sodium 320mg (13%); Total Carbohydrate 9g (3%); Dietary Fiber 3g (12%); Sugars 5g; Protein 3g.

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