

Beet Salad

Try this seasonal and delicious beet dish as part of your plan to eat 7–10 servings of Vegetables and Fruit every day.



Ingredients:

4–5 cups	Fresh beets	8 small
4 Tbsp	Canola oil	60 mL
6 Tbsp	Red wine vinegar	90 mL
1 tsp	Sugar	5 mL
½ tsp	Salt	2 mL
½ tsp	Black pepper	2 mL
2 cloves	Fresh garlic, minced or 1 tsp (5 mL) garlic powder	2 cloves
1 tsp	Dried sage, optional	5 mL
⅓ cup	Fresh parsley, minced	75 mL

Directions:

1. Wash beets and scrub skin with vegetable brush.
2. Trim both ends of beets (do not peel).
3. Place beets in a medium pot, cover with cold water and bring to a boil. Simmer on medium heat.
4. Add small amounts of water as needed until beets are tender (beets should absorb all the cooking water to maintain their color).
5. In a small bowl, mix oil, vinegar, sugar, salt, pepper, garlic, sage and parsley.
6. Add to hot cooked beets, toss gently.
7. Serve warm or cold as a snack or as a side dish.

Makes 6 servings (125 mL/ ½ cup/ 132 g)

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Nutrition Facts

Per 1/6 of recipe (125 mL/ ½ cup/ 132 g)

Amount	% Daily Value
Calories 130	
Fat 9 g	14 %
Saturated 0.5 g	5 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 280 mg	12 %
Carbohydrate 11 g	4 %
Fibre 2 g	8 %
Sugars 8 g	
Protein 2 g	
Vitamin A	6 %
Vitamin C	15 %
Calcium	2 %
Iron	9 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in saturated fat	0.5 g
High in potassium	363 mg
Source of magnesium	27 mg
Very high in folate	117 mcg
Source of iron	1.2 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.