Roasted Beet Salad

Ingredients:

1 1/2 pounds baby beets with greens attached
1 head garlic
4 tablespoons extra-virgin olive oil, divided
3/4 teaspoon kosher salt, divided
1 cup distilled white vinegar
1/4 cup sugar
1/2 cup finely chopped toasted walnuts
1/4 cup finely chopped red onion
1/4 cup chopped fresh dill

Directions:

1. Preheat oven to 325°F.
2. Rinse beets well. Cut off greens, cut the leaves off the stalks. Set the leaves and stalks aside. Remove the excess papery skin from garlic head without separating the cloves, and then cut the head in half horizontally.
3. Toss the beets, garlic, 2 tablespoons oil, and 1/2 teaspoon salt in a small baking pan, such as a bread pan. Cover with foil. Roast until tender, 1 to 1 1/4 hours. Let cool slightly.
4. Whisk vinegar and sugar in a medium bowl. Squeeze the garlic cloves out of their skins into the bowl. Peel and dice the beets; add to the bowl. Let marinate at room temperature for at least 2 hours and up to 1 day.
5. Finely chop the beet stalks and very thinly slice the greens; place in a large bowl. Scoop the beets from the pickling liquid with a slotted spoon and add to the bowl. Drizzle the beet mixture with 1/4 cup of the pickling liquid. Add walnuts, onion, dill, the remaining 2 tablespoons oil and 1/4 teaspoon salt and gently toss to combine.

Nutrition Facts

Serving Size 2/3 cup (139g)
Servings Per Container 8

Amount Per Serving	
Calories 160	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 2g	**8%**
Sugars 11g	
Protein 2g	

Vitamin A 0% • Vitamin C 6%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:
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Source: eatingwell.com