



RENEE'S RECIPE PICK

ROASTED BEET & CITRUS SALAD

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 or own 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



Selected by
Southern New England
American Heart Association
Board Chair, Renee Aloisio

NUTRITION FACTS

CALORIES

170 PER SERVING

PROTEIN

3.0G PER SERVING

FIBER

3.4G PER SERVING

PREPARATION

Preheat oven to 400 degrees F. Prepare a baking sheet by lining it with foil and coating foil with cooking spray.

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.

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.

Spoon cooked beets onto the top of the salad. Serve.

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