

# A New Spin on Beets



## Red and Gold Beet Salad

Serves: 6 | Serving Size: 1/2 cup

### Ingredients:

- 1 bunch red beets
- 1 bunch gold beets
- 1 tsp olive oil
- 2 tablespoons of balsamic vinegar

### Directions:

Rinse the beets under cold, running water. Chop off their tops, reserving any greens for another use.

Roast the beets in a 350-degree oven for one hour.

When they're done, place the beets in a mixing bowl and cover it with plastic wrap. Refrigerate until cool.

Peel the beets and halve them lengthwise. Slice them thinly and return to the mixing bowl, tossing with the vinegar and oil. Serve.

### Nutrition Information:

Serves 6. Each serving contains 47 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 65 mg sodium, 9 g carbohydrate, 2 g dietary fiber, 6 g sugar, and 1 g protein.

Each serving also has 0% DV vitamin A, 6% DV vitamin C, 1% DV calcium, and 5% DV iron.

### Chef's Tips:

Glaze the beets with balsamic vinegar glaze or honey for an extra sweet shine before serving.

### Did You Know?

A single cup of chopped beets has 37% of your daily value for folate and 15% of your daily value for fiber.

The dietary nitrates in beets may help lower blood pressure. For more information, check out the study "Acute blood pressure lowering, vasoprotective and antiplatelet properties of dietary nitrate via bioconversion to nitrite."

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