



Classic GREEK BEET SALAD

A vibrant and refreshing Greek salad made with tender beets, garlic, olive oil and red wine vinegar. Simple, healthy and full of flavour!



FRESH
& HEALTHY
NATURAL INGREDIENTS
FULL OF FLAVOUR



SERVES
4



PREP TIME
15 MIN



COOK TIME
35-50 MIN



TEMP
100°C / 212°F

INGREDIENTS

- 4 medium beets
- 2 cloves garlic, finely minced
- 2 tbsp extra-virgin olive oil
- 2 tbsp red wine vinegar
- ½ tsp salt, or to taste
- Freshly ground black pepper
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped walnuts, optional
- ¼ small red onion, very thinly sliced, optional
- 75 g feta, crumbled, optional

For a Lighter Version

Use 1 tbsp olive oil instead of 2. You'll save about 120 calories for the entire recipe.



STEP-BY-STEP



1 Wash the beets well (leave the skin on). Place in a pot and cover with water.



2 Bring to a boil, then reduce heat and simmer for 35-50 minutes, until a knife slides easily into the center.



3 Drain and let cool until easy to handle. Rub off the skins with your hands or a paper towel.



4 Cut the beets into wedges or bite-sized pieces and place them in a large bowl.



5 In a small bowl, whisk together olive oil, red wine vinegar, garlic, salt and pepper.



6 Pour the dressing over the beets and toss well to coat.



7 Cover and refrigerate for 30-60 minutes so the beets absorb the dressing.



8 Just before serving, add parsley and, if using, red onion, walnuts and feta. Toss gently and enjoy!

NUTRITION FACTS

Per serving (with optional toppings)

Calories	210
Protein	4 g
Fat	14 g
Saturated Fat	1.5 g
Carbohydrates	17 g
Fiber	3 g
Sugars	10 g
Sodium	220 mg

*Nutrition will vary slightly if toppings are added.

CHEF'S TIP



Letting the beets marinate in the dressing is key! The longer they sit, the more flavour they absorb. This salad tastes even better the next day.

SERVING SUGGESTION

Serve chilled or at room temperature as a side dish with grilled meats, fish or as part of a mezze platter.



FRESH INGREDIENTS
VIBRANT COLOURS



MADE WITH LOVE
MADE TO ENJOY



SIMPLE RECIPE
BEAUTIFUL RESULTS