

Roasted Beet Salad

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About this recipe: My family is Hungarian and we use beets in a lot of recipes. The traditional recipe uses sour cream but I swap this out for whole milk Greek yogurt to increase the protein content. My grandmother would make the version with sour cream every Christmas. In addition, the traditional recipe boiled the beets but I roast them to retain the flavor and as much of the nutrition as possible.

Beets are an excellent source of folate, potassium, and vitamin C. The red pigments found in beets, betanin and betalain, are phytochemicals thought to have synergistic and anti-tumor activity with concurrent chemotherapy. The high nitrogen content of beets also may provide benefit for patients experiencing increased protein metabolism and muscle wasting. One medium size beet provides about 35 calories, 8 gm carbohydrates, 2 gm of fiber, 0 gm fat, and 1 gm protein.

Can help with side effects: With their fiber content, beets also support optimal bowel function and reduce the risk of constipation.

Servings: 4

Serving Size: 1 cup

Total time: 1 ¼ hour

Ingredients:

- 4 medium size red beets
- 3 tablespoons whole milk Greek yogurt
- 1 tablespoon olive oil
- 2 garlic cloves
- 1/8 teaspoon salt
- 1 teaspoon fresh dill

Instructions:

1. Pre-heat oven to 375 degrees Fahrenheit.
2. If beets still have the tops, cut off close to the top of the beet. Save the beet greens for another purpose. Scrub the beets thoroughly.
3. Cut both ends off of all beets and then cut in half.
4. Wrap all the halved beets loosely in aluminum foil. No need to dry the beets before wrapping.
5. Place the wrapped beets on a sheet pan. Roast for 45-60 minutes. Check the beets every 20 minutes or so. Add a little water to the foil if beets are drying out. Beets are done when a fork skewer slides easily into the center.
6. While the beets are cooling, prepare the Greek yogurt. Place yogurt, olive oil, and salt in a small bowl. Mince or grate all the garlic and place in the bowl. Mix well.
7. Mince the dill and hold on the side.
8. Allow the beets to cool enough to handle. Either using a paper towel or your hands, the skin should peel away easily.
9. Once all the beets are peeled, cut halves into smaller slices. Place the sliced beets into the serving bowl. Drizzle the Greek yogurt mix on top and garnish with the dill.

Nutrient info per serving:

Calories: ~75 kcal

Protein: ~2 g

Fat: ~4 g

Carbohydrates: ~8 g

Fiber: ~2 g