Roasted Beet Salad

Serves 6

Ingredients
- 1 pound beets, trimmed and scrubbed
- ¼ cup plus 1 Tbsp extra virgin olive oil
- Salt and ground pepper
- 1 large cucumber, peeled and thinly sliced
- ¼ cup red onion, sliced thinly
- 2 Tbsp freshly squeezed lemon juice
- 2 Tbsp finely chopped chives
- 1 avocado
- ½ cup plain Greek yogurt
- ¼ cup flat-leaf parsley, chopped
- 1 Tbsp fresh tarragon, chopped

Preparation

Preheat oven to 350°F. In a medium bowl, toss the beets with 1 tablespoon of the olive oil and season with salt and pepper. Wrap the beets in foil and roast for 45 minutes or until tender when pierced with a knife. Unwrap the beets and let them cool to room temperature. Using your fingers or a paper towel, remove the skin from the beets. Thinly slice the beets and transfer them to a large bowl. Add the cucumber and red onion to the bowl and set aside. In a small bowl combine the remaining ¼ cup olive oil with the lemon juice. Whisk in the chives and season to taste with salt and pepper. Toss the beets and cucumbers with the dressing and let sit at room temperature for 20 minutes to marinate. To serve, divide the beet and cucumber mixture onto plates, top with sliced avocado, a dollop of yogurt, and garnish with parsley and tarragon.

Calories 210, Total Fat 17g, Sat Fat 2.5g, Sodium 150mg, Carbohydrates 13g, Fiber 5g, Sugars 7g, Protein 4g

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