

# Roasted Beet and Orange Salad

- **3 medium** fresh beets (about 1 pound)
- **4 medium** navel oranges, peeled and sectioned
- **4 ounces** crumbled feta cheese
- **1/2 cup** chopped walnuts (optional)
- **1/4 cup** minced fresh mint

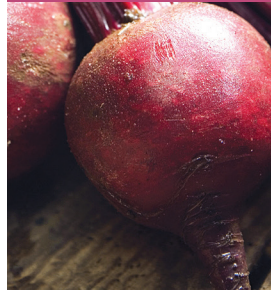
## *Orange Vinaigrette:*

- **2 tablespoons** olive oil
- **1 teaspoon** grated orange zest
- **2 tablespoons** orange juice
- **1/2 tablespoon** apple cider vinegar
- **1 teaspoon** honey
- **1 teaspoon** Dijon mustard
- **1/2 teaspoon** salt
- **1/4 teaspoon** pepper

**Preheat** oven to 425 degrees F. **Wash** hands with warm soap and water, **scrubbing** for at least 20 seconds. **Scrub** beets and **trim** tops to 1 inch. **Wrap** in foil; **place** on a baking sheet. **Bake** 50 to 60 minutes or until tender. **Remove** foil; **cool** completely. **Peel** beets and **chop** into bite-sized pieces. In a small bowl, **whisk** oil, orange zest, orange juice, vinegar, honey, mustard, salt, and pepper until blended. In a large bowl, **combine** cooked beets and orange sections. **Add** the vinaigrette and **toss** gently to coat. **Spoon** mixture on serving plate and **top** with feta cheese, walnuts, and fresh mint.

**Yield:** 4 servings. **Serving size:** 1/4 of recipe.

**Nutrition Analysis:** 330 calories, 23g total fat, 6g saturated fat, 25mg cholesterol, 510mg sodium, 27g total carbohydrate, 5g fiber, 18g total sugars, 1g added sugars, 8g protein, 0% DV vitamin D, 15% DV calcium, 6% DV iron, 10% DV potassium.



# Kentucky Beets

**SEASON:** June through November

**NUTRITION FACTS:** Beets are good sources of fiber, folate, calcium, and vitamin C, and they are low in fat. One cup of cooked beets or one medium raw beet contains about 50 calories and 2 grams fiber.

**SELECTION:** When selecting beets, choose those that are round, firm, rich in color, and smooth over most of the surface. Wilted or decayed tops may indicate a lack of freshness. Two bunches, or 6 to 8 individual beets, weigh approximately 2 pounds.

**STORAGE:** The roots of the beets can be stored in plastic bags for 1 to 2 weeks in the refrigerator. You can also refrigerate the greens in plastic bags and use them within 2 to 3

days. Cooked beets may be stored in the refrigerator for up to a week.

**PREPARATION:** Rinse beets under running water, removing any visible traces of dirt. To keep the juices of the beets locked inside while cooking, leave the skin, tail, and an inch of the stem attached. The skin will be easier to remove after the beet is cooked.

**To bake:** Scrub unpeeled beets, and place in a baking pan with 1/4 inch of water and cover. Bake at 375 degrees F for about 40 minutes for a large beet.

**To steam:** Scrub unpeeled beets, and place in a steaming basket. Cover and steam for about 35 to 40 minutes for large beets, 20 to 25 minutes for smaller beets, or until tender.

## Kentucky Proud Project

County Extension Agents  
for Family and Consumer Sciences  
University of Kentucky, Dietetics  
and Human Nutrition students

Source: FruitsAndVeggies.org

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[PlateltUp.ca.uky.edu](http://PlateltUp.ca.uky.edu)



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