

Winter Salad with Yellow Beets



Discover our vibrant recipe for Winter Salad with Yellow Beets. This delightful salad combines the earthy sweetness of yellow beets with crisp vegetables, tangy citrus, and feta cheese, creating a refreshing and nutritious dish perfect for the colder months.

Preparation 20 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 195

Fat 10

Carbohydrates 21

Fibre 3

Protein 5

Sodium 160

Ingredients

Salad

- 1 lb (450 g) yellow beets, uncooked and with skin on, thinly sliced (see tip)
- 80 ml (? cup) of water
- 1 large Cortland apple, chopped in sticks (see tip)

- 3 radishes, thinly sliced (see tip)
- 500 ml (2 cups) packed baby spinach
- 125 ml (½ cup) crumbled feta cheese (optional)

Vinaigrette

- The juice of 1 orange (or 60 ml / ¼ cup)
- The juice of 1 lemon (or 60 ml / ¼ cup)
- 30 ml (2 tbsp) olive oil
- Salt and pepper to taste
- Garnish : Walnuts or orange supremes

Preparation

1. In a microwave-safe bowl, place the sliced beets and pour the water. Cover with a plate and heat for 8-10 minutes or until beets are tender. Drain and let cool.
2. In the meantime, slice the apple and radishes and prepare the vinaigrette. Use a mandolin to make nice thin and uniform slices while saving time.
3. In a large bowl, squeeze the orange and lemon, then pour in the olive oil. Season with pepper and salt, then mix the vinaigrette with a fork. (see tip)
4. Add the apple, radishes, spinach and beets to the bowl and mix. Garnish salad with crumbled feta cheese if desired. For a complete meal, accompany the salad with a source of protein such as leftover chicken or salmon and a starchy food such as quinoa, [pearled barley](#) or canned white beans.

Note: You can also prepare the vinaigrette in a Mason jar for later use. Simply put all the ingredients in a Mason jar, close it and stir it vigorously. Double the recipe and you can keep half of it for another meal such as a green salad.

Notes

You can keep the salad for 3 days in the refrigerator, without dressing.



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