Beet and Green Salad

**INGREDIENTS**

1 bunch fresh beets with greens
½ small onion, cut in thin slices
2 oranges
2 tbsp vegetable oil
¼ cup vinegar
¼ tsp salt
¼ tsp pepper

**INSTRUCTIONS**

Preheat oven to 350°. Trim greens from beet roots. Swish greens gently in a large bowl of fresh water. Remove from the water and drain (rinse again if the water is still dirty). Set aside. Wash beet roots. Do not peel the roots. Wrap all the beet roots together in aluminum foil. Put in a baking dish and bake in the oven until tender, about 45 minutes, depending on thickness of beets. While beets are cooking, slice beet greens into thin ribbons, and put in a large bowl. When beets are tender, remove from oven, unwrap the foil, and set aside to cool for 10 minutes. Peel beets and cut into 1-inch pieces. Add to the bowl with the greens. Add sliced onion. Peel oranges and cut into segments. Add oranges and juice to bowl. Add vegetable oil, vinegar, salt and pepper to the bowl. Toss well to combine.

SERVING SIZE: 6

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INFORMATION

• Beets are sweet, low in calories and fat-free.
• They are a good source of potassium, vitamin C and fiber.
• Roots will keep for 3 weeks in the refrigerator (remove the greens and store separately).
• Use the greens within a couple of days—they are delicious in salad or cooked like spinach.

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