Chilled Beet Salad

We enjoy fresh beets all summer long. This ruby-red dish is an excellent change from the typical tossed salad and pairs well with any sandwich and entree.

TOTAL TIME: Prep: 45 min. + chilling YIELD: 2 servings.

Ingredients

- 1/2 pound fresh beets
- 1/4 small red onion
- 3 tablespoons balsamic vinegar
- 1 tablespoon canola oil
- 1-1/2 teaspoons minced fresh basil
- 1 small garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions

1. Scrub beets and trim tops to 1 in. Place in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 30-60 minutes or until tender. Remove from the water; cool.
2. Peel beets and thinly slice. Transfer to a small bowl. Add the remaining ingredients; toss to coat. Cover and refrigerate.

Nutrition Facts

2/3 cup: 105 calories, 7g fat (1g saturated fat), 0 cholesterol, 340mg sodium, 10g carbohydrate (8g sugars, 1g fiber), 1g protein. Diabetic Exchanges: 1-1/2 fat, 1 vegetable.