



Mediterranean Beet Salad

Feeling green (and red)? Check out this beet salad, which is very simple to make - the only challenge is cutting the vegetables in specific shapes, and the chef in this video does a great job of working through the proper technique. Eat up!

Ingredients

6 roasted beets
1 whole endive, finely sliced
1 cup finely sliced red onion
1 tbs chopped fresh mint
2 tbs chopped fresh chives
1/2 cup sliced radish
1 cup black kalamata olives
1 cup crumbled feta cheese
1 tbs whole grain mustard
1 tbs red wine vinegar
2 tbs olive oil
3 tbs lemon juice
1 tsp salt
1/2 tsp black pepper

Preparation Process

Pour ¼ inch of water into a 2 inch deep baking dish, add the beets and cover with foil.

Roast the beets in the oven for 40 minutes at 400 degrees

While the beets cook, cut the vegetables and combine them in a large bowl. Remove the beets from the oven and let sit until cool, then mix with the other vegetables.

Mix the mustard, vinegar, olive oil, lemon juice, salt and pepper to create your dressing.

Toss the salad with the dressing, top with olives and feta and serve.

If you want to watch the video again. Click [here](#).