



# Beet Salad

4 - 6 servings

## INGREDIENTS

- 4 - 6 small or medium red or golden beets
- 4 Tbsp olive or neutral oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp honey or maple syrup
- Salt and pepper to taste
- Optional: chives or red onion, thinly sliced

## DIRECTIONS

1. Place beets in a large pot, cover with water and bring to a boil. Boil until tender, about 30-45 minutes.
2. Drain the cooked beets, rinse with cold water.
3. Once cool, peel skins with your hands - they should slip right out.
4. Cut beets into cubes.
5. Combine oil, vinegar, honey or syrup and pour over beets. Season to taste with salt and pepper.



Vermont  
Foodbank  
VT Fresh

**Become a Recipe Tester and enter to win a \$100 gift card!**

Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](https://vtfoodbank.org/vtfresh)

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



# Beet Salad

4 - 6 servings

## INGREDIENTS

- 4 - 6 small or medium red or golden beets
- 4 Tbsp olive or neutral oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp honey or maple syrup
- Salt and pepper to taste
- Optional: chives or red onion, thinly sliced

## DIRECTIONS

1. Place beets in a large pot, cover with water and bring to a boil. Boil until tender, about 30-45 minutes.
2. Drain the cooked beets, rinse with cold water.
3. Once cool, peel skins with your hands - they should slip right out.
4. Cut beets into cubes.
5. Combine oil, vinegar, honey or syrup and pour over beets. Season to taste with salt and pepper.



Vermont  
Foodbank  
VT Fresh

**Become a Recipe Tester and enter to win a \$100 gift card!**

Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](https://vtfoodbank.org/vtfresh)

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.