

# Beet Salad, Horseradish Vinaigrette

Serving Size: 1/2 cup

Makes 8 servings

## Ingredients:

2 lb 12 oz Beets, Fresh  
as needed Cooking Spray  
3 oz Red Onion, Thinly Sliced  
3 Tbs Red Wine Vinegar  
1 Tbs Honey  
2 TBSP Canola Oil  
1/4 Salt  
1/4 tsp Black Pepper  
2 tsp Dill, Chopped  
1/8 cup Horseradish, Prepared

## Preparation:

1. Spray beets lightly with oil spray. Roast in 350°F oven until fork tender.
2. Cool, peel and cut beets into small wedges.
3. Toss prepped beets with onions.
4. Prepare vinaigrette by whisking together vinegar, honey, oil, salt, pepper, dill and horseradish. Toss beet and onion mixture with vinaigrette.
5. Marinate several hours before serving.

NUTRITION FACTS	
PER SERVING	
calories	100
<b>total fat (g)</b>	4
saturated fat (g)	0
trans fat (g)	0
<b>sodium (mg)</b>	180
<b>total carbohydrate (g)</b>	14
dietary fiber (g)	2
sugar (g)	11
<b>protein (g)</b>	2

## RD Tip:

Make extra vinaigrette and use as marinade or dressing for shrimp or fish!



**RD APPROVED**



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