

Roasted Beet Salad

Ingredients *Serving Size/Yield: 6*

12 beets (any color!)
4 Tbsp olive oil
1 1/2 tsp. kosher salt
1/2 tsp. pepper
1 apple
1 pear
3 cups arugula
5 ounces cheese (goat cheese, feta, mozzarella...)
1/2 cup chopped nuts (walnuts, pecans, pistachios...)
1/2 Tbsp. vinegar (apple cider vinegar, sherry vinegar, red wine vinegar, lemon juice...)

Directions - Preheat oven to 400°F.

1. Remove the roots and peel beets. Cut the beets into 1-inch pieces.
2. Place beets on a cookie and toss with 3 Tbsp. olive oil, salt and pepper. Roast for **35-40** minutes.
3. Meanwhile, slice the apples and pears into thin, half-moon pieces. Remove beets from the oven.
4. Combine beets, apple, pear, arugula, cheese, nuts, remaining 1 Tbsp. olive oil and vinegar.

Nutritional Information (Per Serving):

Calories: 285 cal
Carbohydrates: 18.7 g
Total Fat: 20.9 g
Protein: 8.5 g
Sugar: 11.5 g
Fiber: 5.1 g
Cholesterol: 20 mg
Sodium: 387.6 mg

Health Benefits of Beets

Beets help lower the LDL cholesterol in your blood (the "bad" cholesterol)

Beets contain betaine. This compound can help to reduce inflammation in one's joints and bones as well as the throat.

Beets are high in folate, also known as folic acid. This B-Vitamin is incredibly important pregnant women to help prevent birth defects.

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Beets	\$2.99/bunch	\$4.49
Olive Oil	\$5.39/17 oz. bottle	\$0.64
Kosher Salt	\$2.19/48 oz. box	\$0.01
Pepper	\$2.89/2 oz. can	\$0.12
Vinegar	\$1.25/16 oz. bottle	\$0.02
Apple	\$1.29 each	\$1.29
Pear	\$1.09 each	\$1.09
Arugula	\$3.99/7 oz. package	\$2.00
Cheese	\$5.99/5.3 oz. package	\$5.65
Nuts	\$4.19/6 oz. bag	\$1.05
TOTAL	\$31.26	\$16.36
		Cost per Serving: \$2.73