



SPECTRUM HEALTH

Beet, Lemon and Walnut Salad

Yield: 6 servings

Ingredients

- 4 large beets (1½ pounds)
- 2 large lemons
- 2 teaspoons honey
- ¼ cup chopped walnuts
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ½ cup chopped fresh parsley
- ⅓ cup crumbled feta cheese

Instructions

1. Heat oven to 400 degrees.
2. Wrap beets with aluminum foil. Place on a baking tray and cook in the oven until beets are fork tender, about 90 minutes.
3. Meanwhile, cut the peel and thick outer layer (pith) off of the lemon and then cut the lemon into small pieces.
4. In a small bowl, combine the honey and the lemon. Set aside.
5. Once beets are done baking, open foil and allow beets to cool until you can handle them.
6. Place walnuts on the baking tray and bake in the oven for about 5 minutes, until they are lightly brown and fragrant.
7. Use the foil to press gently into the skin of the beets and peel it off.
8. Thinly slice beets into ⅛-inch-thick rounds.
9. On a large platter, spread out the beet slices, overlapping them slightly.
10. Top the beets with the lemon mixture, salt, pepper, parsley, cheese and walnuts.

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

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Nutrition Information Serving Size: ⅓ of recipe

Calories: 95 | Total Fat: 4.7 g | Saturated Fat: 1.5 g | Monounsaturated Fat: 0.8 g | Polyunsaturated Fat: 2 g
Sodium: 211 mg | Total Carbohydrate: 13.7 g | Dietary Fiber: 3.5 g | Sugars: 8.6 g | Protein: 3.5 g

Source: Adapted from Cooking Light