

My Favorite Beet Salad

Savannah · 28/09/2024

**Prep Time**

1 hr 30 mins

Difficult

Medium

Servings

8

Description

Fresh roasted beets over a bed of baby spinach with tomatoes avocados onions and feta cheese drizzled with a balsamic dressing You can cut this recipe in half for 4 servings though it so good the next day too that I always make plenty

Ingredients

- - 6 large beets
- trimmed - $\frac{1}{4}$ cup extra virgin olive oil - salt and ground black pepper to taste - 1 (8 ounce) package baby spinach leaves - 2 tomatoes
- cut into bite-sized pieces - 2 avocados - peeled
- pitted
- and cut into bite-sized pieces - $\frac{1}{2}$ red onion
- chopped
- or to taste - 1 (4 ounce) container crumbled feta cheese - $\frac{1}{2}$ cup balsamic vinegar - $\frac{1}{2}$ cup extra-virgin olive oil - 1 tablespoon Dijon mustard
- or more to taste

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Place the beets into a large bowl
2. and drizzle with 1/4 cup olive oil
3. salt
4. and black pepper. Lay out 2 large squares of aluminum foil on a work surface
5. and place 3 beets onto the center of each sheet. Fold the aluminum foil into 2 envelopes
6. sealing the beets into the packets; place the packets into a baking dish. Bake in the preheated oven until tender
7. 1 to 1 1/2 hours. Check for tenderness after 1 hour by piercing a beet with a fork. Open the foil
8. and allow the beets to cool until they can be handled; peel
9. and slice. Lay out the spinach leaves on an attractive oblong-shaped serving platter. Sprinkle pieces of tomato and avocado over the spinach leaves
10. and top with chopped red onion. Lay the sliced warm beets over the salad
11. and top with crumbled feta cheese. Whisk together balsamic vinegar
12. 1/2 cup of olive oil
13. and Dijon mustard until smooth; pour over the salad to serve.