



Beet Orange and Apple Salad

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

This beet and orange salad is a nice colorful salad. Wedges of cooked beets, sliced apples, and orange sections are dressed with a delicious vinaigrette and spooned onto a bed of shredded beet greens.

Ingredients

- 1 ½ pounds beets - 2 cups shredded beet greens - 1 large orange
- peeled and sectioned - 2 Granny Smith apples - peeled
- cored and sliced - 1 tablespoon olive oil - 1 tablespoon raspberry vinegar - ½ teaspoon white sugar - ¼ teaspoon salt - 1 clove garlic
- minced - 2 tablespoons unsalted sunflower seeds
- toasted

Instructions

1. Wash and dry beets and greens. Shred greens to measure 2 cups and set aside. Place beets in a sauce pan with enough water to cover. Bring to a boil
2. cover
3. reduce heat and simmer for 20 minutes or until tender. Drain and allow to cool. Trim and peel skins off beets; cut into 8 wedges. Combine orange sections
4. beets
5. and apples in a bowl. Whisk olive oil
6. vinegar
7. sugar
8. salt and garlic together in a bowl; pour over beet mixture and toss well. Arrange 1/2 cup beet greens on 4 salad plates. Top with beet mixture
9. sprinkle with sunflower seeds and serve.