

Cold Beet Salad with Raspberries

Winona Public Schools

HACCP Process: #2 Same Day Service

One portion provides: 1/4 cup vegetables

Number of Portions: 61

Portion Size: 1/4 cup

Ingredients	
Beets, raw	27–2" diameter
Raspberry vinegar	6 tbsp
Olive oil	1 cup
Salt	1 tsp
Pepper, black, ground	1/4 tsp
Raspberries, raw	2 cups
Mint leaves, fresh, chopped	1 tbsp

Instructions

1. Cut off all but 1" of beet tops. Wrap beets tightly in aluminum foil and bake for one hour or until tender.
2. Remove beets from oven and cool. Slip off the skins and slice into thin rounds.
3. Whisk together the vinegar, oil, salt and pepper. Drizzle over beets. Let marinate in refrigerator for at least one hour.
4. Before serving, gently fold in the raspberries. Garnish with mint.

Nutritional Information					
Calories	50	Iron	0.34 mg	Protein	0.6 g 5%
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	4 g 33%
Sodium	67 mg	Vitamin A	15 IU	Total Fat	3.6 g 66.0%
Dietary Fiber	1 g	Vitamin C	3 mg	Saturated Fat	0.5 g 9.1%
				Trans Fat	0.0 g 0.0%