

Mediterranean Beet Salad Recipe

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Serves: 4-6

Difficulty: Easy

Prep Time: 20 minutes

6 roasted beets

1 whole endive, finely sliced

1 cup finely sliced red onion

1 tbs chopped fresh mint

2 tbs chopped fresh chives

1/2 cup sliced radish

1 cup black kalamata olives

1 cup crumbled feta cheese

1 tbs whole grain mustard

1 tbs red wine vinegar

2 tbs olive oil

3 tbs lemon juice

1 tsp salt

1/2 tsp black pepper

Place
the red beets in a 2 inch deep baking dish with 1/4 inch of water and

cover with foil, roast in the oven at 400 degrees for 40 minutes, set aside and cool completely. In a large bowl combine sliced endive, red onion, radish, mint, chives. Peel the radish and cut into cubes, add to the bowl. In another bowl prepare the dressing by combining the mustard, vinegar, olive oil, lemon juice, salt and pepper add to the salad and toss lightly. Top salad with olives and feta and serve with grilled chicken.