

# Roasted Beet Salad with Goat Cheese Recipe

Deeply colored beets offer both visual appeal and nutrient benefits in this delicious salad.

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PhotoMix Company on pixabay.com is in the public domain

6 servings | serving size: 1/6 of recipe

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce under cold, running water by rinsing arugula and scrubbing beets and radishes with a clean vegetable brush. Prewashed, packaged items do not require further washing.

## Ingredients

- 1½ pound beets, peeled and sliced into ½-inch thick wedges
- 1 Tablespoon olive oil
- 6 cups arugula
- ½ cup goat cheese crumbles
- 4 radishes, thinly sliced into wedges
- ½ cup chopped, toasted pistachios

## Dressing

- ¼ cup olive oil
- 2 Tablespoons red wine vinegar
- 1 Tablespoon honey
- 1 Tablespoon Dijon mustard
- Ground black pepper to taste

## Directions

1. Preheat oven to 375°F and line baking sheet with parchment paper. Place beet wedges flat on baking sheet before drizzling olive oil. Toss until evenly coated and disperse across the sheet.

2. Roast for 35 – 40 minutes, tossing halfway, until able to pierce beet with a fork. Allow to cool.
3. To prepare the dressing, combine oil, vinegar, honey, mustard, and pepper in a bowl and whisk until blended. Set aside.
4. To assemble the salad, toss arugula with beets, cheese, radishes, and pistachios. Drizzle desired amount of dressing over the salad and toss.

Recipe adapted from [Cookie and kate](https://cookieandkate.com/roasted-beet-salad-recipe/)(<https://cookieandkate.com/roasted-beet-salad-recipe/>)

# Nutrition Facts

6 servings per container

**Serving size** **1/6 of recipe**  
**(175g)**

Amount per serving

**Calories** **230**

**% Daily Value\***

**Total Fat** 17g **22%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 3g Added Sugars **6%**

**Protein** 6g

Vitamin D 0mcg **0%**

Calcium 66mg **6%**

Iron 2mg **10%**

Potassium 525mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

([https://extension.psu.edu/media/wysiwyg/extensions/catalog\\_product/61041ca25bbf469382307a488b9db145/r/o/roastedbeetsaladwithgoatcheesrpn.png](https://extension.psu.edu/media/wysiwyg/extensions/catalog_product/61041ca25bbf469382307a488b9db145/r/o/roastedbeetsaladwithgoatcheesrpn.png))

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