

SIDE DISH

Beet Salad with Watercress Drizzle

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	10 min	45 min	4	\$2.17	200 kcal



Beet Salad with Watercress Drizzle is a gluten free, lacto ovo vegetarian, and primal recipe with 4 servings. For \$2.17 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals. One serving contains 200 calories, 10g of protein, and 11g of fat. It works well as an affo...

Ingredients

- ☐ 4 medium beets, with root and about 1 inch of the green attached, if possible
- ☐ 4 servings Freshly ground black pepper
- ☐ ½ cup lowfat buttermilk
- ☐ 3 ounces reduced-fat soft goat cheese
- ☐ ¼ teaspoon salt, plus more to taste
- ☐ ¼ cup walnut pieces
- ☐ 4 cup watercress, washed well and dried
- ☐ 1½ teaspoons white wine vinegar

EQUIPMENT Food processor, Frying pan, Knife, Pot, Steamer basket

Method

- 1 Put the beets into a steamer basket over a large pot of boiling water. Cover and steam for about 45 minutes or until beets are tender.
- 2 Drain and let cool until you can handle them.
- 3 Cut the ends off of the beets and peel them (the peel should rub off easily with a little help from a paring knife here and there).
- 4 Cut the beets into large dice.
- 5 Toast the walnuts in a dry saute pan over medium-high heat for 3 minutes or until fragrant, and set aside.
- 6 Put the watercress, goat cheese, buttermilk, vinegar and salt into a food processor and process until smooth and creamy.
- 7 Put the beets on a serving dish, drizzle the watercress sauce on top and sprinkle with walnuts.

Nutrition per serving

200	10 g	11 g	19 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.2 g · 26% of daily needs
Fibre			5.5 g · 22% of daily needs
Sugar			13.4 g · 15% of daily needs
Sodium			402 mg · 17% of daily needs
Cholesterol			13.1 mg · 4% of daily needs
Vitamin C			23.1 mg · 28% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/beet-salad-with-watercress-drizzle-142537