

SIDE DISH

Roasted Beet Salad with Raspberry Vinaigrette

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.24	114 kcal

Roasted Beet Salad with Raspberry Vinaigrette is a gluten free, dairy free, paleolithic, and lacto ovo vegetarian side dish. One serving contains 114 calories, 3g of protein, and 2g of fat. This recipe serves 6. For \$1.24 per serving, this recipe covers 9% of your daily requirements of vitamins and...

Ingredients

☐ 2½ pounds beets (about	☐ 0.1 teaspoon freshly ground black pepper
☐ ½ cup coarsely chopped celery	☐ 2½ teaspoons extravirgin olive oil
☐ 1 tablespoon honey	☐ 2 tablespoons raspberry vinegar
☐ ½ cup coarsely chopped red onion	☐ ¼ teaspoon salt

EQUIPMENT Bowl, Baking sheet, Oven, Aluminum foil

Method

- 1 Preheat oven to 42
- 2 Leave root and 1 inch of stem on the beets; scrub with a brush.
- 3 Place beets on a foil-lined baking sheet.

- 4 Bake at 425 for 45 minutes or until tender; cool. Trim off beet roots, and rub off skins. Coarsely chop beets.
- 5 Combine beets, onion, and celery in a large bowl.
- 6 Combine vinegar and remaining ingredients.
- 7 Pour over beet mixture; toss gently to coat.
- 8 Serve at room temperature or chilled.

Nutrition per serving

114
KCAL

3 g
PROTEIN

2 g
FAT

23 g
CARBS

Saturated Fat	0.3 g · 2% of daily needs
Fibre	5.7 g · 23% of daily needs
Sugar	16.4 g · 18% of daily needs
Sodium	252 mg · 11% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	10.5 mg · 13% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-beet-salad-with-raspberry-vinaigrette-148622