

Minted Beet Salad

Barbara Estabrook - Appleton, WI
Taste of Home Magazine - October/November 2020

Servings: 6

5 medium (2 pounds) fresh beets
2 tablespoons water
2 tablespoons champagne vinegar or rice vinegar
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon coarsely ground pepper
1/4 cup pitted kalamata olives, quartered
2 tablespoons thinly sliced fresh mint, divided

Preparation Time: 20 minutes**Cook Time:**

Scrub the beets. Trim the tops to one inch. Place in a single layer in a microwave-safe dish. Drizzle with water. Microwave, covered, on HIGH until easily pierced with a fork, turning once, 14 to 15 minutes. Let stand for 15 minutes.

When cool enough to handle, peel and cut the beets into 3/4-inch pieces.

In a bowl, whisk the vinegar, oil, salt and pepper until blended. Add the olives, beets and one tablespoon of the mint. Toss to coat.

Refrigerate, covered, until cold, at least one hour.

Top with the remaining one tablespoon of mint.

Per Serving (excluding unknown items): 69 Calories; 5g Fat (57.4% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 231mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 Fat.