

# Beetroot, spinach & feta salad



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### Ingredients:

6 medium beetroot  
1 tbs olive oil  
1 tbs red wine vinegar  
1/2 cup extra virgin olive oil  
salt and ground black pepper  
100g baby spinach leaves  
150g goat's or Greek feta cheese, crumbled

### Health benefits of beetroot:

- A source of antioxidants from the cyanin and xanthin families, thought to be beneficial for the body's defence against infections.
- A good source of dietary fibre, needed for a healthy digestive system.
- Beetroot leaves provide beta carotene, which the body converts to vitamin A, as well as some vitamin C and several minerals.
- An excellent source of folate, the B vitamin that is especially important during the early stages of pregnancy.

### Method:

1. Trim beet stems, leaving about 5cm stem attached. Gently scrub beets without breaking the skin. Pat dry with paper towel.
2. Line a medium baking pan with foil. Place beets in baking pan and sprinkle with olive oil. Cover with foil and secure foil to seal. Roast beets for 1 hour – 1 hour 15 minutes or until tender when tested with a skewer. Remove foil and set aside to cool slightly.
3. Meanwhile to make dressing, place red wine vinegar, extra virgin olive oil and salt and pepper to taste in a screw top jar. Shake until well combined.
4. Wearing rubber gloves gently peel beets and discard skin. Quarter beets lengthways.
5. Arrange warm beets and spinach on serving plates. Sprinkle with crumbled feta cheese. Drizzle with dressing and serve.

**Serves:** 4

**Preparation:** 20 minutes

**Cooking:** about 1 hour – 1 hour 15 minutes