



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Beet and Arugula Salad with Feta***

#### **Ingredients:**

- 2 medium beets, trimmed, peeled, each cut into eighths
- 1 teaspoon and 2 teaspoons olive oil, divided use
- 1/8 teaspoon pepper
- 1/2 teaspoon white wine vinegar
- 1/4 teaspoon Dijon mustard
- 1 1/2 ounces baby arugula, packed (about 1 1/2 cups)
- 3 tablespoons crumbled fat-free feta cheese

#### **Directions:**

1. Preheat the oven to 400 degrees F.
2. Put the beets in a single layer on a rimmed baking sheet. Drizzle the beets with 1 teaspoon oil. Sprinkle the pepper over the beets.
3. Roast for 20-25 minutes, or until tender when tested with a fork. Let cook on the baking sheet for 10 minutes.
4. Meanwhile, in a large bowl, whisk together the remaining 2 teaspoons oil, vinegar, and mustard. Add the arugula, swirling the leaves in the dressing (tongs work well for this). Add the cooled beets. Sprinkle with the feta. Toss to combine.

Serves 2

105 calories, 7 g fat, 1 g saturated fat, 8 g carbohydrate, 2 g fiber, 4 g protein, 280 mg sodium

Source: American Diabetes Association

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