

Cold Beet Salad with Raspberries – Winona Public Schools, MN

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Beets, fresh[§] , top-off (AP)	4 lb. 5 oz.	8 lb. 10 oz.	2 lb. 3 oz.	<ol style="list-style-type: none"> 1. Preheat oven at 375 degree. 2. Wrap beets tightly in aluminum foil and bake for one hour or until tender. (If come with tops, cut off all but 1” of beet tops.) 3. Remove beets from oven and cool. Slip off the skins, trim off the top and tail to ½ inch, and slice into thin rounds. 4. Whisk together the vinegar, oil, salt and pepper. Drizzle over beets. Let marinate in refrigerator for at least one hour. 5. Before serving, gently fold in the raspberries. Garnish with mint. <p>❖ Serving Size: ¼ cup</p> <p>Note: Temperature and baking time may vary by oven.</p>
Raspberry vinegar	5 Tb	10 Tb	2 ½ Tb	
Olive oil	5/6 cup	1 2/3 cup	2/5 cup	
Salt	5/6 tsp	1 2/3 tsp	2/5 tsp	
Black pepper, ground	1/5 tsp	2/5 tsp	dash	
Mint, fresh, leaves[§] , chopped	5/6 Tb	1 2/3 Tb	2/5 Tb	
Raspberries, fresh[§]	1 5/8 cup	3 ¼ cup	4/5 cup	

§WA product available when in season

Approximate preparation time: 90 min. including time in the oven (additional 1 hour or more in refrigerator for marinating)

Tips & Variations:

- **Beets** come in various colors: Red, Gold, and Chioggia (red & white rings when cut horizontally). When roasted, Chioggia’s distinct rings disappear and flesh becomes beautiful pink that is lighter than Red beets. Try mixing multiple varieties of beets.
- **Beets** are best when tender but not mushy!
- When using **frozen raspberries[§]**, thaw first and try mixing in the dressing.
- Interested in adding cheese? – Try topping with relatively mild and crumbly cheese.



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Child Nutrition Program Food Components:

✓ 1/8 cup vegetable

Nutrients Per Serving:

Calories	50 kcal
% Calories from Fat	66 %
Total Fat	4 g
Saturated Fat	< 1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	67 mg
Total Carbohydrates	4 g
Dietary Fiber	1 g
Protein	< 1 g
Vitamin A (15 IU)	< 1 %
Vitamin C (3 mg)	12 %
Calcium	< 1 %
Iron	3 %

👉 **Beets** are available throughout the year in Washington State, but the peak harvest season is usually May through September when you can find fresh beets with greens. Beets greens are rich in vitamin A and easily used in stir-fry or sautéed. [Check out the Washington Grown Vegetable Seasonality Chart!](#)

👉 **Storage Tip:** To maintain firmness of beet roots, cut off greens/leaves and stems 1-2 inches above the root crown. Store in a plastic bag and refrigerate in the hydrator drawer. They will last longer if stored properly. Store greens wrapped in a damp cloth or in a plastic bag in a drawer of the refrigerator. Greens diminish their integrity rapidly, so use while fresh and crisp. [ref: "From Asparagus to Zucchini – A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"]

notes

