

# Roasted Beets and Peach Salad

This simple salad, made with colorful fruits and vegetables, is rich with the nutrients that help stave off oxidative stress.

**Prep Time: 20-30 minutes**

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## INGREDIENTS

- 3 beets, roasted
- 1-2 tablespoons olive oil
- 2 peaches (or nectarines), sliced
- ¼ cup red onion, sliced thin
- ¼ cup feta or goat cheese
- ½ cup walnuts or pecans
- ½ cup mint leaves
- 2-3 tablespoons balsamic vinaigrette
- Optional 3-4 cups of mixed greens, or baby arugula

## Balsamic Vinaigrette

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon mustard
- 1 clove garlic, minced
- Salt and ground black pepper to taste
- In mixing bowl, whisk the olive oil, balsamic vinegar, honey, mustard, garlic, salt, and black pepper until combined.



**Cook time: 60 minutes**

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## PREPARATION

- Wash and dry beets. Place the beets on tin foil and drizzle with olive oil. Double wrap in foil. Bake in the oven at 400°F for 50-60 minutes until soft. Allow to cool, remove skin with the back of a spoon and slice. (*Beets can be made ahead of time.*)
- Wash and dry peaches. Cut into half and remove pit, cut into slices.
- Arrange mixed greens on a platter, arrange beets, peaches and red onion, top with feta cheese, mint leaves and walnuts.
- Drizzle with balsamic vinaigrette.

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