

Fresh & Zesty Beet Salad: With Feta, Cucumber, and Dill (No Mayo Required!)

The Ultimate Beet Salad with Feta & Dill: A Light, Tangy, and Refreshing Side



TIME
30-45 min

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Recipe Card

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ChefManiac

INGREDIENTS

Swaps and Notes:

Beets: If you don't want to cook your own, buy the pre-cooked, vacuum-sealed beets. They save a ton of time and mess. Avoid canned beets, which are often mushy.

Feta: You can swap feta for goat cheese crumbles for a milder, creamier tang, or skip it entirely for a dairy-free salad (though the feta is highly recommended!).

Herbs: Not a dill fan? Fresh mint or parsley are fantastic substitutes, offering a different, but equally bright, flavor profile.

Add-Ins: Want more crunch? Toss in 1/4 cup of toasted walnuts or pecans. For a sweeter flavor, add a handful of dried cranberries.

Instructions:

1. Prepare the Beets:

Boiling: Trim and wash the beets. Boil them whole in salted water until easily pierced with a fork (30-45 minutes, depending on size). Drain, let cool, then the skin should slip off easily. Dice them into 1/2-inch cubes.

Roasting (Recommended): Wrap washed, trimmed beets loosely in foil and roast at 400°F for 45-60 minutes. Let cool, then peel and dice.

2. Make the Vinaigrette:

3. Assemble the Salad:

4. Dress and Serve:

Tips for Success:

Don't Over-Mix: Once you add the feta, toss lightly. You want the feta to remain in crumbles, not dissolve into the dressing.

Adjust the Vinegar: Taste the dressing before adding it. If you like it tangier, add a few more drops of red wine vinegar. If you like it richer, add a few more drops of olive oil.

Pre-Cook the Beets: The most time-consuming part of this recipe is cooking the beets. If you prepare them a day ahead, this salad comes together in literally 10 minutes.

Serving Suggestions and Pairings:

With Poultry: It's wonderful alongside simple grilled chicken or pairs beautifully with my recipe for [Easy Turkey Wings are My Favorite Comfort Food for Lazy Sundays](#).

As an Appetizer: Serve a scoop of the salad next to warm slices of crusty bread or alongside a rich, decadent [Baked Brie Appetizer is My Favorite Effortless Way to Impress Guests](#).

As a Lighter Meal: Serve it on a bed of baby spinach or arugula for a full, light lunch.

Drink Pairing: The earthy sweetness and vinegar tang are perfectly complemented by a cool, refreshing glass of [Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days](#).

Nutritional Information Per Serving (Estimate, based on 6 servings):

Storage and Leftover Tips:

Storage: Store leftovers in an airtight container in the refrigerator for up to 4 days.

Flavor Improvement: The flavors meld beautifully over time. You may find you like it even more on day two, as the beets become more saturated with the vinaigrette.

Refreshing Leftovers: If the feta has absorbed too much liquid, just add a tablespoon of fresh dill or a sprinkle of fresh feta before serving to brighten it up.

More Recipes You Will Love:

[A Light, Tangy Chicken Salad I Actually Crave \(And There's No Mayo In Sight\)](#)

[Classic Spaghetti Recipe with Homemade Sauce](#)

Final Thoughts:

DIRECTIONS

1. **Prepare the Beets:** If using fresh beets, you must cook them first.
2. **Boiling:** Trim and wash the beets. Boil them whole in salted water until easily pierced with a fork (30-45 minutes, depending on size). Drain, let cool, then the skin should slip off easily. Dice them into 1/2-inch cubes.
3. **Roasting (Recommended):** Wrap washed, trimmed beets loosely in foil and roast at 400°F for 45-60 minutes. Let cool, then peel and dice.
4. **Tip:** Wear gloves when handling cooked beets to avoid staining your hands!
5. **Make the Vinaigrette:** In a small bowl, whisk together the olive oil, red wine vinegar, and Dijon mustard. Season with salt and pepper to taste. Whisk until slightly emulsified and well combined.
6. **Assemble the Salad:** In a large mixing bowl, gently combine the diced beets, diced cucumber, and thinly sliced red onion.
7. **Dress and Serve:** Pour the vinaigrette over the beet mixture. Toss gently to coat everything evenly. Just before serving, sprinkle in the feta cheese and the freshly chopped dill. Toss one last time.
8. For the best flavor, allow the salad to chill in the refrigerator for at least 30 minutes before serving.
9. **Tips for Success:** Don't Over-Mix: Once you add the feta, toss lightly. You want the feta to remain in crumbles, not dissolve into the dressing.
10. **Adjust the : Vinegar:** Taste the dressing before adding it. If you like it tangier, add a few more drops of red wine vinegar. If you like it richer, add a few

more drops of olive oil.

11. **Pre-: Cook the Beets:** The most time-consuming part of this recipe is cooking the beets. If you prepare them a day ahead, this salad comes together in literally 10 minutes.
12. **Serving Suggestions and Pairings:** This salad is robust enough to stand on its own but works perfectly as a light counterpoint to rich or savory main dishes.
13. **With : Poultry:** It's wonderful alongside simple grilled chicken or pairs beautifully with my recipe for [Easy Turkey Wings are My Favorite Comfort Food for Lazy Sundays](#).
14. **As an : Appetizer:** Serve a scoop of the salad next to warm slices of crusty bread or alongside a rich, decadent [Baked Brie Appetizer is My Favorite Effortless Way to Impress Guests](#).
15. **As a : Lighter Meal:** Serve it on a bed of baby spinach or arugula for a full, light lunch.
16. **Drink : Pairing:** The earthy sweetness and vinegar tang are perfectly complemented by a cool, refreshing glass of [Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days](#).
17. **Nutritional Information Per Serving (Estimate, based on 6 servings):** Export to Sheets
18. **Note:** This is an estimate and will vary based on the exact amount of oil and feta used.
19. **Storage and Leftover Tips:** The beauty of this salad is its resilience.
20. **Storage:** Store leftovers in an airtight container in the refrigerator for up to 4 days.
21. **Flavor : Improvement:** The flavors meld beautifully over time. You may find you like it even more on day two, as the beets become more saturated with the vinaigrette.
22. **Refreshing : Leftovers:** If the feta has absorbed too much liquid, just add a tablespoon of fresh dill or a sprinkle of fresh feta before serving to brighten it up.
23. **More Recipes You Will Love:** If you enjoyed the fresh, bright flavors of this salad, you'll certainly appreciate these other simple favorites:
24. **A Light, : Tangy Chicken Salad I Actually Crave (And There's No Mayo In Sight)**
25. **Classic : Spaghetti Recipe with Homemade Sauce**

SWAPS & NOTES

For the Salad Medium Beets 3 Roasted or boiled, peeled and diced.

You can use pre-cooked vacuum-sealed beets for a shortcut.

I prefer English cucumbers for fewer seeds and thinner skin.

Crumbled Feta Cheese 1/2 cup Full-fat is best for flavor and texture.

TIPS FOR SUCCESS

Don't Over-Mix: Once you add the feta, toss lightly.

You want the feta to remain in crumbles, not dissolve into the dressing.

Adjust the Vinegar: Taste the dressing before adding it.

If you like it tangier, add a few more drops of red wine vinegar.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/fresh-zesty-beet-salad-with-feta-cucumber-and-dill-no-mayo-required/>