

Roasted Beet Salad with Feta, Cucumbers, and Fresh Dill

If you're looking for a salad that's vibrant, refreshing, and packed with bold flavor, this



OVEN
400°F

TIME
10 min

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INGREDIENTS

- 3 medium beets, roasted or boiled, peeled and diced
- 1 large cucumber, diced
- $\frac{1}{2}$ red onion, thinly sliced
- $\frac{1}{2}$ cup crumbled feta cheese
- 2 tbsp fresh dill, chopped
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard

DIRECTIONS

- 1.** Prepare the Beets: If roasting, wrap beets in foil and bake at 400°F for 40-50 minutes until fork-tender. Let cool, peel, and dice. If boiling, cook until tender, then peel and dice once cooled.
- 2.** Chop the Vegetables: Dice the cucumber and thinly slice the red onion.
- 3.** Make the Dressing: In a small bowl, whisk together olive oil, red wine vinegar, and Dijon mustard until emulsified.
- 4.** Assemble the Salad: In a large bowl, combine beets, cucumber, red onion, feta, and fresh dill.
- 5.** Toss & Serve: Drizzle with dressing and gently toss until everything is coated. Serve immediately or chill for 30 minutes to let the flavors meld.

SWAPS & NOTES

& Easy Swaps Roasted vs. boiled beets: Roasting intensifies sweetness and adds depth, while boiling keeps them softer and more delicate.

English cucumber works great for fewer seeds and extra crunch.

If you prefer a milder onion flavor, soak the sliced red onion in cold water for 10 minutes before adding.

Goat cheese can substitute for feta if you want a creamier texture.

TIPS FOR SUCCESS

Let the beets cool completely before mixing to prevent the feta from melting.

Toss gently to keep the feta from breaking down too much.

Chill before serving for even better flavor.

Taste before serving - a small pinch of salt or squeeze of lemon can brighten it further.

