

Plate Dream

Beetroot Feta Walnut Salad – Healthy Meal Idea

20 min Prep time	**40 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 4 medium beetroots, peeled and cut into wedges
- [ ] 150g feta cheese, crumbled
- [ ] 1/2 cup walnuts, roughly chopped
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp fresh parsley, finely chopped
- [ ] Salt and freshly ground black pepper to taste

For the Dressing

- [ ] 3 tbsp olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey (optional)
- [ ] Pinch of sea salt
- [ ] Freshly cracked black pepper

Instructions

1. Preheat the oven to 400°F (200°C). Toss beet wedges with 2 tbsp olive oil, salt, and pepper, then spread on a baking sheet.
2. Roast the beets for 30-35 minutes, turning once, until tender and caramelized. Let them cool slightly.
3. While the beets roast, whisk together the dressing ingredients: olive oil, lemon juice, honey (if using), salt, and pepper.
4. Toast walnuts in a dry skillet over medium heat for 3-4 minutes until fragrant; set aside to cool.
5. In a large bowl, combine warm beet wedges, crumbled feta, toasted walnuts, and chopped parsley. Drizzle with the prepared dressing and toss gently.
6. Serve immediately, or let the salad sit at room temperature for 10 minutes to let flavors meld. For more inspiration, check the Greek salad and the cucumber feta salad for variations.

Nutrition per serving

320 kcal	8 g	22 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If beets are very sweet, a splash of balsamic vinegar can add balance.
- Feta can be substituted with goat cheese for a milder flavor.
- Add a pinch of smoked paprika for an extra depth of smokiness.