

Beet and Apple Salad with Orange Vinaigrette



Cooking with

Kids!

1. Have your kids help mix seasonings into the garbanzo beans

Additional Notes

Tip

Don't throw away your beet greens! Beet greens are completely edible and are delicious when chopped and served with this vinaigrette! Try sautéing them with a little bit of garlic and olive oil as an alternative to spinach, kale or chard!

January 2026

Utah State University Extension

[Download Recipe](#)

Ingredients

- 2-3 large beets
- 1 apple, chopped

Vinaigrette

- ½ cup olive oil
- ¼ cup apple cider vinegar
- 1 teaspoon salt
- Juice and zest of 1 orange
- 1 tablespoon red onion, minced
- ¼ teaspoon pepper
- 1 tablespoon sugar

Instructions

1. Preheat oven to 400° F.
2. Trim off beet greens, rinse beets, and wrap in foil. Bake on a sheet pan for 1 hour or until a fork can be easily inserted.
3. Once the beets are cool, peel and chop them into 1-inch pieces. Peel and chop the apple into 1-inch pieces and add to the bowl with the beets.
4. In a separate bowl, mix the rest of the ingredients and whisk to combine. Add the dressing to the beets and apples.
5. Can be served immediately, but is best when chilled in the refrigerator for a few hours.