

Better Vegan Beet Salad

Source: Better Vegan Category: Vegan Salads & Dressings
Prep Time: 15 min Cook Time: 0 Total Time: 15 min
Makes about 2 cups



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Ingredients:

2 medium size beets, fully cooked (see notes) and peeled
1 garlic clove, minced
2 Tbsp. walnuts, finely chopped
2 Tbsp. vegan mayonnaise, preferably soy-free
Pink Himalayan salt to taste
Black pepper to taste

Recipe Link:

<https://www.betterveganrecipes.com/better-vegan-beet-salad>

Instructions:

1. Prepare the ingredients.
2. Grate the beets on a large or medium size grater. Add the rest of the ingredients and mix well. Adjust seasonings to taste.
3. Chill and serve.

Notes:

You can either boil the beets or roast them for this recipe. I prefer to roast, because beets come out not so watery and keep more of their color.

To roast the beets, preheat oven to 350 degrees F. Wrap each beet in aluminum foil and place them on the baking sheet. Bake for about 1 hour or until the beets are tender and are easily pierced with a knife. Cool completely before using. It's good to roast the beets the night before.

Equipment needed:

Grater

Serving suggestion:

Serve with [Better Vegan Grain-Free Gluten-Free Bread](#).