

# Roasted Beetroot, Goat Cheese & Avocado Salad

Hands-on 15 minutes Overall 30 minutes

**Nutritional values (per serving):** Total carbs: 30.8 g, Fiber: 12.8 g, **Net carbs: 18 g**,

Protein: 14.5 g, Fat: 51.1 g, Calories: 611 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (2 servings)

### Salad:

- 350 g beetroot (12.4 oz)
- 1/2 small red onion (30 g/ 1.1 oz)
- 1 tsp apple cider vinegar
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- pinch sea salt *or* [pink Himalayan salt](#)
- 100 g greens such as watercress and baby leaf (3.5 oz)
- 60 g goat's cheese (2.1 oz)
- 40 g [walnuts](#) (1.4 oz)
- 1 medium avocado (150 g/ 5.3 oz)
- 50 g sugar snap peas (1.8 oz)
- 1 tbsp fresh parsley

### Dressing:

- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 tbsp lemon juice (15 ml)
- 1 tsp [coconut aminos](#)
- pinch of salt and pepper

## Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted). Peel the beetroot and onion and chop into wedges. Place on a baking tray, toss with olive oil, apple cider vinegar and salt and roast in the oven for 25 minutes until soft.
2. Slice the avocado and sugar snap peas lengthways. Toss the avocado in a touch of lemon juice to prevent browning.
3. Mix the dressing together in a small bowl.
4. Place the watercress, walnuts, avocado and sugar snap peas in a large bowl and toss with the dressing.
5. Plate and top with goats cheese, roasted beetroot, onion and

parsley.

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