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THE  
**CrossFit***kitchen*

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### GRILLED BEET SALAD

#### overview

Beet it—on the grill.

#### blocks per cup

2 carbohydrate blocks

1 fat block

#### ingredients

- 2 large beets
- 1 tbsp. finely diced red onion
- ½ bunch parsley, minced
- ¼ cup apple cider vinegar
- ¼ cup plus 1 tbsp. olive oil
- Salt and pepper

#### notes

*You may eat this salad warm or chill it for later.*

#### directions

1. Slice beets into ½-inch rounds and coat with 1 tbsp. olive oil.
2. Grill the beets over medium-high heat for about 5 minutes until they begin to brown and crisp.
3. Flip them and cook on the opposite side for another 3 to 5 minutes.
4. Remove from the grill and cover for 10 minutes so they finish cooking by steaming.
5. Cut the beets into bite-size pieces and add the remainder of the ingredients.

