



SFC's Veggie Guide: Roasted Beets

Beets are a delicious root vegetable and great for lowering blood pressure, inflammation and support digestive health. They are low in calories and contain almost all of the vitamins and minerals your body needs. They make a great addition to a garden salad or as a side to any meal!



Ingredients:

- ❖ 3 Beets
- ❖ 1 tbsp Olive Oil
- ❖ 1/2 tsp Sea Salt
- ❖ 1tbsp Balsamic Vinegar
- ❖ 1 tbsp honey

Items You'll Need:

- ❖ Vegetable Peeler
- ❖ Cutting Board
- ❖ Large Baking Sheet Pan
- ❖ Bowls
- ❖ Spoon
- ❖ Knife

Directions:

1. Gather all ingredients. Pre-heat oven to 425. Line a rimmed baking sheet with parchment paper, or a very thin layer of olive oil or spray with non-stick cooking spray.
2. Begin by using a vegetable peeler to remove beet skins. This is a messy process, but worth it in the end! Once peeled chop into small chunks. Peeling and chopping beets before roasting cuts down on cook time.
3. Put chopped beets into a bowl and add olive oil and sprinkle with sea salt. Stir well. Spread beets in an even layer on the large baking sheet.
4. Place into pre-heated oven and roast for about 30 minutes, or until they are soft to touch. Stir beets about 15 minutes of cook time for even roasting.
5. While beets are roasting, combine honey and balsamic vinegar in a small bowl. After 30 minutes remove beets from oven and drizzle the honey and balsamic vinegar mixture over them. Stir until evenly coated.
6. Return the tray to the oven and roast an additional 10 minutes, once again stirring half way through. The beets are done when they can easily be pierced by a fork and the glaze has thickened and coated them.
7. Remove from oven, let cool and enjoy!!!