



Roasted Beets

🕒 35 minutes 🍴 4 servings

Ingredients

4 Beets (peeled and diced into 1/2-inch cubes)
2 tbsp Extra virgin olive oil
1/2 tsp Salt
1 tbsp Balsamic vinegar

Nutrition per serving (estimated)

Calories	101 kcal	Fat	7 g
Carbohydrates	6 g	Protein	1 g
Fiber	2 g	Sugar	6 g
Cholesterol	0 mg	Sodium	356 mg
Vitamin A	27 IU	Vitamin C	4 mg
Calcium	14 mg	Iron	1 mg

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Prepare beets: remove the green, leafy tops and scrub well to remove dirt or peel with vegetable peeler. Dice into half-inch cubes and place on large baking sheet. Toss beets with olive oil and salt.
3. Roast beets in oven, uncovered, 20-25 minutes, stirring half-way through cook time. Beets will be starting to brown and soft enough to pierce with a fork when fully cooked. Toss with balsamic vinegar just before serving.

Notes

Total Time: 35-40 min

Prep time: 10-15 min | Cook time: 20-25 min

Serving Size

1 cup

Pro Tip

Add leftover beets to a salad with goat cheese, bacon, and arugula for a delicious way to enjoy this root vegetable.

Cooking Equipment

Vegetable scrub brush or peeler | Cutting board | Chef's knife | Large baking sheet

Leftovers

Refrigerate in airtight container up to 5 days. Reheat in oven, toaster oven, or air-fryer for crispy leftovers. Do not freeze.

Dice beets into 1/2-inch cubes

trim top and root from beet and discard. Peel using vegetable peeler to remove dirt. Cut in 1/2-inch slices lengthwise. Lay slices flat and slice into 1/2-inch wide matchsticks, then turn a quarter-turn and cut across into 1/2-inch cubes.

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