

Beets, Roasted



Ingredients

- 2 bunches beets
- 6 cloves garlic, minced
- 4 Tbsp olive oil (enough to lightly coat)
- 1 tsp salt
- 2 tsp black pepper

Instructions

Preheat oven to 425 degrees. Remove beet greens. Wash beets, peel and cut into 1 inch dice. Add olive oil, minced garlic, salt and pepper and mix well. Place on a baking sheet and bake for 20 minutes then toss beets and bake for another 10-20 minutes, depending on desired degree of doneness.

Nutrition Information Per Serving

- Serving Size: 1/2 cup
- 12 servings
- Calories: 70
- Fat: 5 gm
- Sodium: 200 mg
- Fiber: 2 gm
- Carbohydrates: 6 gm
- Protein: 1 gm
- Sugar: 4 gm