

# Beets, Roasted



## Ingredients

- 1 bunch beets
- 3 cloves garlic, minced
- 2 Tbsp olive oil (enough to lightly coat)
- 1/2 tsp salt
- 1 tsp black pepper

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## Instructions

Preheat oven to 425°F. 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  
6 servings  
Calories: 70  
Fat: 5 gm  
Sodium: 200 mg  
Fiber: 2 gm  
Carbohydrates: 6 gm  
Protein: 1 gm  
Sugar: 4 gm