

Honey Roasted Beets



Servings: 6

Ingredients

2 tablespoons olive oil or vegetable oil

¼ teaspoon salt

¼ teaspoon ground pepper

2 pounds medium beets, not too big is better!

2 tablespoons honey

2 tablespoons lemon juice

Salt and pepper to taste

Paper Towels

Directions:

Step 1

Place a large rimmed baking sheet in the oven. Preheat to 425°F.

Step 2

Wash your beets, trim off the stems and root and wrap in foil, place in the oven on a sheet pan for 25 minutes

Step 3

Remove the beets from the oven and place in a large bowl filled with ice water to cool down. Grab some paper towels, and take one beet at a time and rub off the skin. You can use a pairing knife to trim the beets and remove stubborn skin. Slice the beets and add into a large bowl.

Step 4

Stir 2 tablespoons oil, 2 tablespoons honey, 2 tablespoons lemon juice, ¼ teaspoon salt and ¼ teaspoon pepper together in a large bowl. Add the sliced beets and toss well to coat. Transfer the beets back to the hot baking sheet and roast until almost tender, about 5 minutes or more as needed.

Nutrition Facts

Servings Per Recipe: 6

Serving Size: 1/2 cup

Calories: 129

	% Daily Value *
Total Carbohydrate: 21g	7%
Dietary Fiber: 4g	15%
Total Sugars: 16g	
Added Sugars: 6g	12%
Protein: 3g	5%
Total Fat: 5g	6%
Saturated Fat: 0g	2%
Vitamin A: 5IU	1%
Vitamin C: 9mg	10%
Folate: 166mcg	42%
Sodium: 215mg	9%
Calcium: 25mg	2%
Iron: 1mg	7%
Magnesium: 35mg	8%
Potassium: 502mg	11%