



Roasted Beets

This versatile vegetable is high in fiber, potassium, vitamin C and magnesium. Roasting the beets helps to bring out their natural sweetness. Serve hot or cold.

Ingredients

- 5 beets
- 1 Tablespoon of Oil
- Salt to taste

Directions

1. Preheat oven to 400° F.
2. Trim the roots and leaves. Coat beets with oil. Place beets in a single layer in a baking dish.
3. Bake for 20 minutes and flip the beets to make sure they roast evenly. Bake for another 20 minutes. Test beets for doneness by piercing a beet with a toothpick. Continue to test until beets are tender.
4. Peel off the skin. Slice or dice and serve as side dish or add to salads. Add to sandwiches or wraps.