



EASY ROASTED BEETS

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With minimal prep, this recipe uses olive oil, salt, and pepper to enhance the earthy flavors. Serve them warm or at room temperature in salads, grain bowls, or alongside your favorite protein for a nutritious and vibrant addition to any meal.

Ingredients

6 **beets** or as many as desired
1 tablespoon **olive oil**
about 1 tablespoon
for every 4-6 beets
Salt and pepper to taste

Directions

1. Preheat oven to 375°F.
2. Wash beets under cold water and cut off the top and bottom. Cut beets in half and toss with olive oil, salt & pepper.
3. Lay out a large piece of aluminum foil, top it with a piece of parchment paper. Wrap and seal beets. (Or place beets in a greased baking dish and cover).
4. Roast the foil package for 1 hour or until beets are tender when poked with a fork.
5. Using rubber gloves or paper towels, rub the beets and the skins will just slide right off.
6. Serve warm with butter or chilled in salads.



*Recipe adapted from
Spend with Pennies*