

Simple Roasted Beets

4 Ingredients 55 Minutes 80 Calories 4 Servings

These naturally sweet roasted beets are simply perfect.

Ingredients:

- 1 lb. **beets**
- 1 Tbsp. **extra-virgin olive oil**
- 1/2 tsp. **salt**
- 1/4 tsp. **black pepper**

Directions:

- Preheat the oven to 400°F.
- Line a baking sheet with parchment paper. Set aside.
- Peel the beets and cut into 3/4-inch cubes.
- Arrange the cubes in an even layer on the prepared baking sheet.
- Drizzle the beets with the olive oil, then sprinkle them with the salt and black pepper. Use a rubber spatula to toss the beets until they are evenly coated.
- Roast the beets on middle rack of oven, stirring twice during the cook time, until they are fork-tender and slightly caramelized, 45-55 minutes.
- Check to see that beets are done. Remove from oven add time as needed.
- Serve immediately.



Nutritional Information: 80 calories, Total Fat 3.5g, Sodium 380mg, Potassium 370mg, Protein 2g, Total Carbohydrates 11g, Dietary Fiber 3g, Sugars 8g

See video and full recipe here: [Simple Roasted Beets](#)