

# Roasted Beets

Serving Size: ½ Cup | Servings per Recipe: 6 | Heart Healthy



## INGREDIENTS

- 6 medium beets, tops removed, scrubbed
- Drizzle of oil
- Salt and pepper

## DIRECTIONS

- Preheat oven to 400°F.
- Place each beet on foil, drizzle with oil, and season with salt and pepper.
- Wrap beets in foil and place on a baking sheet.
- Roast 45–60 minutes, until tender.
- Unwrap, slice if desired, and season again to taste.

Calories per serving: 61 | 2 g total fat | 10 g total carbohydrates | 90 mg sodium | 1 g protein