



TULANE UNIVERSITY

# Easy Roasted Beets

Beets are a low-calorie, nutrient-packed root vegetable that become sweeter when roasted. This simple method makes peeling the skin easy and hassle free.

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
---------------------	---------------------	----------------------

## INGREDIENTS

- 1 lb. Beets, whole (about 3-4 medium)
- 2 tsp Olive or Canola Oil
- 1 tsp Kosher Salt

## CHEF'S NOTES

Beets are high in fiber which can help improve your digestive health. They also contain the betalains pigment, which may have anti-inflammatory properties in the body.

Roasted beets can be served as a side dish or added to salads, pasta and grain dishes, and blended into hummus.

If you buy beets with the greens attached, you can cook the greens and stems just like any other hearty green. We like them simply sauteed with a little olive oil and garlic for an easy side dish.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F.
2. Wash beets really well under running water and place in a bowl.
3. Drizzle the oil and sprinkle the salt over the beets and toss to coat evenly.
4. Wrap each beet tightly in a piece of foil and place on a baking sheet.
5. Roast for 20-30 minutes, until tender and easily pierced with a knife.
6. Allow beets to rest in the foil until cool enough to handle.
7. Remove the skin by sliding it off with your hands or using a paper towel to rub it off, it should slide off very easily.
8. Serve or store in the refrigerator in a sealed container for 3-5 days.

# Nutrition Facts

6 servings per container

**Serving Size** 2 oz. (78 g)

Amount per serving

**Calories** 45

% Daily Value \*

**Total Fat 1.5g** 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 220mg** 10%

**Total Carbohydrate 7g** 3%

Dietary Fiber 2g 8%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein 1g** 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.6mg 3%

Potassium 200mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

