



BEAUTIFUL ROASTED BEETS

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

MAKES: 4 SERVINGS

5 medium beets

3 T vegetable oil or olive oil

1/4 tsp. salt

Parchment paper for baking



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Pre-heat the oven to 375 degrees F.

Wash and dry the beets. Remove the stem and root with a knife. Use a vegetable peeler or knife to peel the beets. Cut the beets into small cubes, about the size of a tater tot. Place the pieces in a bowl and toss them with the oil until all pieces are covered. Place on a baking sheet, best to cook these on a baking sheet covered with parchment paper. Make sure beets are in a single layer and not crowded on the baking sheet. Roast the beets until they are fork tender, about 25 to 30 minutes. Remove from the oven and sprinkle with salt.

* You can also use any leftover roasted beets in breakfast burritos or salads!

Source: <https://www.superhealthykids.com/simple-roasted-beets/>