



Recipe for-

Easy Veggie Recipe: Roasted Beets

Fresh beets are rich in Vitamin C and can make a colorful addition to your plate at mealtime. Roasted Beets are tender and naturally sweet. They make an excellent side dish, served hot or cold. Save the leftovers to serve on a salad.

Ingredients:

8-10 fresh beets
Sprinkle of salt & pepper
Sprinkle of Italian herbs
2 tablespoons olive oil

Preparation steps:

Preheat oven to 400 degrees.

Cut off blossom & stem end of fresh beets. Peel off the skin (use kitchen rubber gloves to keep your hands from turning a beautiful shade of beet!).

Cut beets into 2 inch pieces Place on baking sheet. Sprinkle with salt, pepper & Italian herbs. Toss lightly with olive oil. Spread in single layer on the baking sheet.

Bake in oven for 35 minutes or until tender. The beets are ready to serve as a side dish or add to a salad. Enjoy the beauty of Roasted Beets!