

# Roasted Beets

4 Servings

55 Minutes

## INGREDIENTS:

- 1 bunch of beets
- 2 tablespoons Canola oil
- Salt and ground black pepper to taste

## DIRECTIONS:

1. Preheat oven to 400°F.
2. Wash beets thoroughly to remove excess dirt and debris. Peel off skin with peeler.
3. Cut beets into quarters and spread out evenly on a baking sheet.
4. Drizzle with canola oil and season with salt and pepper. Rub oil and seasonings into the beets until combined. Spread out evenly.
5. Bake in the oven for 45 minutes. Flip halfway during the cooking process.
6. Enjoy!

**TIP:** Enjoy beets on top of a salad, in a soup, as a snack, or as a side dish!



## Nutrition Facts

4 servings per container

Serving size **1**

Amount Per Serving  
**Calories 100**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.

Created by Ashley Douglas of Frobulous Veggies



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# Remolacha asada

4 Porciones

55 Minutos

## INGREDEINTES:

- 1 manojo de remolacha
- 2 cucharadas de aceite de canola
- Sal y pimienta negra molida al gusto

## PREPARACIÓN:

1. Precaliente el horno a 400°F.
2. Lave bien las remolachas para eliminar el exceso de suciedad y escombros. Pelar la piel con pelador.
3. Corta las remolachas en cuartos y extiéndelas uniformemente en una bandeja para hornear.
4. Rocíe con aceite de canola y sazone con sal y pimienta. Frote el aceite y los condimentos en la remolacha hasta que se combinen. Extenderse uniformemente.
5. Hornea en el horno durante 45 minutos. Voltee hasta la mitad durante el proceso de cocción.
6. ¡Disfrutar!



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**CONSEJOS:** ¡Disfruta de las remolachas encima de una ensalada, en una sopa, como bocadillo o como guarnición!

Adaptado de Ashley Douglas of Frobulous Veggies



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