



A Nutrition Resource

EASY ROASTED BEETS

Yield: 6 Servings | Serving Size: 1/2 Cup

Cost/Serving: \$1.22

Ingredients:

2 3/4 pounds or 8 medium whole beets

1 teaspoon vegetable oil

Salt (optional)

Pepper (optional)

Directions:

- 1) Preheat oven to 400°F and line a baking sheet with parchment paper or coat with non-stick spray.
- 2) Under running water, scrub beets with either fingers or a vegetable brush to remove all dirt and debris.
- 3) Remove the tops and root tail. Slice into about 1/2-inch wedges or cubes. This should yield about 5 1/2 cups raw, chopped beets.
- 4) Toss beets, oil, and optional salt and pepper in a bowl.
- 5) Arrange beets on the prepared baking sheet so they are not touching one another. Spreading them out helps them to roast evenly.
- 6) Bake 25 minutes, turn with a spatula, and bake for an additional 20 minutes for a total baking time of 45 minutes, or until each piece is crisp on the outside and pierced easily with a fork.
- 7) Serve as a side, salad topper, or with warm whole grains in a harvest bowl.

Suggestions:

- Save the beet greens and chop them into a salad.
- Beets can be eaten with or without the skin on. Unpeeled beets taste just as great as peeled and will have less food waste.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (209g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 20g 7%

Dietary Fiber 6g 21%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 2mg 10%

Potassium 676mg 15%

*The % Daily Value 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.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION