

ROASTED BEETS

Preparation: **15** mins. | Cooking: **45** mins. | Servings: **4**

INGREDIENTS

*6 medium beets, tops removed,
scrubbed well, peeled or not peeled
Extra virgin olive oil
Sea salt and freshly ground black pepper*



INSTRUCTIONS

Preheat the oven to 400 degrees. Place each beet on a piece of foil, drizzle with olive oil and sprinkle with salt and pepper. Wrap the beets in the foil, place on a baking sheet, and roast for 35 to 60 minutes until fork tender. (The timing will depend on the size of the beets.) Remove the beets from the oven, remove the foil and set aside to cool. When the beets are cool to the touch, cut or slice them and drizzle lightly with olive oil. Season to taste with salt and pepper. These will keep well in an airtight container for up to a week, and you can serve them chilled or reheat them in the microwave.