

EASY OVEN ROASTED BEETS

Prep Time: 15 min **Cook Time:** 40 min **Total Time:** 55 min **Yield:** 4 servings

INGREDIENTS:

- 3 large beets (can also use 4 medium beets or 5 small beets)
- 1 tablespoon extra virgin olive oil
- 1 teaspoon of fresh thyme leaves (or ½ teaspoon dried thyme)
- 1 teaspoon kosher salt
- ½ teaspoon of freshly ground pepper (or ¼ teaspoon black pepper)
- 1 teaspoon orange zest

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Remove the tops and the roots of the beets and peel each one with a vegetable peeler.
3. Cut the beets into 1 ½ chunks. (Small beets can be halved, medium ones cut into quarters and large beets cut into eighths.)
4. Place the cut beets on foil-lined baking sheet and toss with olive oil, thyme, salt, and pepper. Roast for 35 to 40 minutes, turning one or twice with a spatula, until the beets are tender. Remove from oven and immediately toss with orange zest. Season with salt and pepper as needed. Serve warm.

NUTRITION INFORMATION:

- **Serving Size:** ¾ cup
- **Calories:** 68
- **Carbohydrates:** 8g
- **Protein:** 1 g
- **Fat:** 4 g

*Notes

Freeze cooked beets for up to 3 months. Thaw before serving.

<https://www.spoonfulofflavor.com/easy-oven-roasted-beets/>