



Roasted Beets with Feta

Prep: 10 minutes | Cook: 25 minutes | Chill: 10 minutes
Total: 45 minutes

Yield: 2 servings | Serving Size: ~ $\frac{3}{4}$ cup

Ingredients

- 4 small beets, peeled and diced (about 2 cups)
- 1 tablespoon olive oil
- Pinch salt
- 1 tablespoon chopped fresh parsley
- 1 teaspoon balsamic vinegar
- 1 teaspoon red wine vinegar
- 2 tablespoons crumbled feta, divided

Directions

1. Preheat oven to 400°F.
2. In a medium bowl, toss together the beets, oil, and salt.
3. Transfer the beets to a baking sheet and spread into a single layer.
4. Roast for until fork tender, about 25-30 minutes, tossing halfway through the cooking time.
5. Remove from the oven and set aside to cool slightly, about 8-10 minutes.
6. Return the beets to the bowl.
7. Add the parsley, balsamic vinegar, and red wine vinegar. Toss to combine.
8. Serve right away, or chill before serving. Top each serving with 1 tablespoon of the feta just before serving.

Nutrition Facts Per Serving: Calories: 170 | Total Fat: 9 g | Saturated Fat: 2 g
Sodium: 300 mg | Total Carbohydrate: 20 g | Dietary Fiber: 4 g | Protein: 5 g

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