



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week

## ***Roasted Beets with Balsamic Vinegar***

### **Ingredients:**

4 medium beets, washed, peeled,  
and diced into roughly 1-inch  
pieces

1 tablespoon olive oil

Salt (optional) and pepper to  
taste

1 tablespoon balsamic vinegar

1 teaspoon finely chopped  
fresh parsley

*Serves 4*

*Nutrition: 60 Calories, 3 g fat,  
6 g carbohydrate, 1 g fiber, 1 g  
protein, 40 mg sodium*

*Source: Harvard School of  
Public Health*

### **Directions:**

1. Preheat oven to 375° F.
2. Toss the beets with oil, salt (if desired), and pepper to coat evenly.
3. Place the beets in a baking dish and roast for 25 to 30 minutes, or until tender when pierced with a fork.
4. Remove the beets from the oven, add vinegar, and mix right away with a spatula, scraping any caramelized bits off the bottom of the dish.
5. Transfer beets to a serving dish, garnish with fresh parsley, and serve.



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