



ROASTED BEETS WITH GINGER

Serves 4-6

INGREDIENTS

- 3-4 medium red beets, peeled and cut into bite sized cubes
- 1 tablespoon fresh ginger, grated
- 1 teaspoon olive oil

PREPARATION

In a bowl, toss beets with grated ginger and olive oil.

Place in an ovenproof dish and bake at 350°F for about 45 minutes.

***Nutrition Tip:** Don't throw away the beet greens! They are also very nutritious and can be easily prepared by steaming, then sautéing with garlic and olive oil.*



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