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.

*Adapted with permission from California WIC program.*