

# Balsamic Roasted Beets



Illinois Extension  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**Serves:** 6, 1/3 cup cooked servings

**Prep Time:** 10 minutes **Cook time:** 40 minutes **Total time:** 50 minutes

## Ingredients

- 3 beets medium peeled & diced (about 3 cups)
- 1 Tablespoon olive oil
- 1/2 tsp salt
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon honey or pure maple syrup

## Directions

1. Preheat oven to 425 °F
2. Wash hands with soap and warm water.
3. Spray a large baking sheet with cooking oil. Set aside.
4. Wash and peel beets. Cut into 1" cubes.
5. Toss beets with 1 tablespoon olive oil and 1/2 tsp salt.
6. Spread beets evenly onto a baking dish.
7. Bake beets for 15-20 minutes.
8. While beets are baking, combine in a small bowl balsamic vinegar and honey.
9. Remove beets from the oven. Stir. Then bake for an additional 10 minutes, or until beets feel soft to the touch.
10. Then remove beets from the oven and add the honey/vinegar mixture to the beets. Stir until all the beets are evenly coated.
11. Return beets to the oven for the final 10 minutes baking period, stirring after 5 minutes.
12. Roast until the balsamic/honey mixture coats the beets and is no longer runny.
13. Remove from the oven and serve warm or store and serve with your favorite salads.



**Nutrition Facts:** Serving: 1/3 cup. Calories: 61 Carbohydrates: 9g Protein: 1g Fat: 2g Saturated Fat: 0.4g Sodium: 142 mg Potassium: 223 mg Fiber: 2g Vitamin A: 20 IU Vitamin C: 4.6 mg Calcium: 12mg

*Recipe adapted from: joyfoodsunshine.com, 2021*

## Fun Facts and Tips for the Kitchen:

- **Avoid stains:** The betanin compound in beets, which gives the vegetable its beautiful, deep-rich color, can permanently stain marble and wood. It can also stain your skin, so wear gloves and use a plastic cutting board when washing, peeling and cutting.
- **Even cooking:** The size beets are cut into makes a difference in their roasting time. To ensure even cooking time and prevent beets from overcooking, cut slices or cubes evenly.
- **Substituting oils?** Use any neutral-tasting oil such as avocado oil, canola oil, etc.
- **Balsamic Vinegar:** Balsamic vinegar has a dark syrupy consistency with rich complexity and a perfect balance of both sweet and tart. The only ingredient in traditional balsamic vinegar is grape must. And it is always labelled with the Aceto Balsamico Tradizionale and carries the D.O.P. ("Denominazione di Origine Protetta") stamp. This European Union certification guarantees the ingredient's quality, production, and place of origin.