

ROASTED BEETS WITH BALSAMIC GLAZE

YIELDS:
6 to 8 servings

COOK TIME:
75 minutes

TOTAL TIME:
75 minutes

INGREDIENTS

- 2 pounds red beets, medium sized, scrubbed clean, green tops removed
- 2 teaspoons extra virgin olive oil
- Salt
- ½ cup balsamic vinegar
- 2 teaspoons sugar
- 1 teaspoon grated orange zest
- Freshly ground black pepper

DIRECTIONS

1. Preheat oven to 400°F and line pan with aluminum foil.
2. Place the beets in the pan. Rub olive oil over the beets and sprinkle with salt. Cover the beets with another sheet of aluminum foil.
3. Roast the beets for 1 to 2 hours, depending on the size of the beets and how old they are. After 1 hour, test every 15 minutes by poking a beet with the tines of a fork. Once the fork tines go in easily, the beets are tender and cooked. Remove from the oven.
4. While the beets are cooling, prepare the balsamic glaze. In a small, shallow sauté pan, add the balsamic vinegar and sugar. Cook on high until the vinegar has reduced to a syrup consistency. Remove from heat.
5. After the beets have cooled for several minutes but are still warm to the touch, peel off the outer skins and discard. Cut the beets into bite-sized pieces.
6. Place beets in a serving bowl. Pour balsamic glaze over the beets. Stir in grated orange zest and add salt and pepper to taste. Garnish with orange zest to serve.