

Roasted Beets with Citrus and Walnuts - Planttricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving Size: ½ cup

Ingredients	Quantity	Measure
Red beets, fresh	2	pounds
Oranges, large, peeled and sliced	2	each
Walnuts, toasted and chopped	¼	pound
Salt, divided	1	teaspoon
Black pepper, divided	1	teaspoon
Sauce		
Orange juice, 100% juice	½	cup
Red wine vinegar	2	tablespoons
Fresh orange zest	1	tablespoon

Preparation

1. To roast beets: Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper. Wash beets and remove the stem and root ends of the beets. Place beets in a mixing bowl and toss with ½ teaspoon salt and pepper. Wrap each beet in aluminum foil and roast for 40-50 minutes or until beets are tender and offer no resistance when pierced with a knife. Remove from the oven and remove the foil. Allow to cool. Optional: using paper or clean cloth towels, remove the skin from the beets.
2. Once beets have cooled, cut into small wedges.
3. On a platter, arrange the beets and orange slices in a single layer.
4. Sprinkle with walnuts.
5. Prepare the sauce by combining all the ingredients in a bowl and whisking until well blended.
6. Pour sauce over the beet salad and serve.

Serving Information

This dish can be served as a cold salad or garnish. It can also be a warm dish- have the beets and oranges at room temperature and heat the sauce over low heat until just warm.

Nutrition Information *From USDA Nutrient Database

Calories: 150 Total Fat: 7.6g Saturated Fat: .8g Monounsaturated Fat: 1.1g Polyunsaturated Fat: 5.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 17g Fiber: 4.3g Total Sugars: 11.4g Protein: 3.6g Sodium: 304mg Vitamin A: 6µg Vitamin C: 27mg Calcium: 42mg Iron: 1.2mg Folate: 122µg

