

Roasted Beets with Lemon Vinaigrette

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Serves: 6

Prep: 10 minutes | **Cook:** 60 minutes

INGREDIENTS

- 2 large beets
- 2 tablespoons oil
- 1/4 cup water
- 1/2 cup lemon juice
- 1/4 cup sugar
- 2 tablespoons yellow mustard
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon white vinegar
- 2 tablespoons red onion, diced
- 1 cup olive, canola or vegetable oil
- 1/4 cup shredded carrots

DIRECTIONS

1. Preheat oven to 350°F. Coat whole beets in 2 tablespoons of oil. Place in a baking dish and cook for 1 hour. Check beets for doneness by inserting a sharp knife into the center. If it comes out easily the beets are cooked, but if not cook for an additional 15 minutes before checking again.
2. Allow beets to cool, then peel and cut into large cubes.
3. Make the vinaigrette by whisking together the water, lemon juice, sugar, yellow mustard, salt, black pepper, white vinegar and red onion. Slowly add 1 cup of oil in a thin stream while whisking.
4. Add beets to vinaigrette and mix to coat. Leave beets in vinaigrette for 2 hours to marinate.
5. Add carrots to beets. Drain vinaigrette from beets and carrots and save for use on a salad. Serve immediately or refrigerate for several days.



Nutrition Information

Serving Size: 1/6 of recipe with 2/3 of vinaigrette drained after marinating

Total calories	245
Total fat	18 g
Saturated fat	3 g
Cholesterol	0 mg
Sodium	195 mg
Carbohydrates	23 g
Fiber	6 g
Sugar	13 g
Protein	2 g

Recipe Source: Greater
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