



Local Food Program

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## Balsamic Roasted Beets with Feta

Serves 6. Total Time: 45 minutes.

### Ingredients

- > 6 medium beets (2 bunches, or about 3 1/2 pounds)
- > 2 tablespoons of extra virgin olive oil
- > 1 teaspoon of kosher salt
- > 1/3 cup balsamic vinegar
- > 1 tablespoon of maple syrup
- > 1/2 cup of crumbled feta cheese
- > Freshly ground black pepper, to taste

### Instructions

1. Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil.
2. Cover cutting board with wax paper or plastic wrap before cutting the beets in order to prevent staining.
3. Prepare the beets by washing them and removing the leafy stems and roots. Peel each beet with a vegetable peeler and cut the peeled beets into 1 1/2 inch chunks.
4. Place the cut beets on the prepared baking sheet. Toss the beets with the olive oil and salt until coated. Roast beets for 35 to 40 minutes, stirring with a spatula midway through, until beets are tender when pierced with a fork.
5. While the beets are roasting, combine the vinegar and maple syrup in a small sauté pan. Cook over medium heat until the liquid is thickened enough to coat the back of a metal spoon and is reduced to about 3 tablespoons.
6. Toss the roasted beets with the glaze. Sprinkle feta cheese on top of the mixture and season with salt and pepper to taste. Serve hot or cold.

### Storing Beets

- > Cut off most of the greens and root stems. Leave about 2 inches of the stems to prevent the beets from leaking.
- > Store unwashed beets in the crisper of the refrigerator, where they will keep for 2 to 4 weeks. Store unwashed beet greens in a separate container, where they will keep for up to 4 days.

### Cleaning Beets

- > Rinse the beets right before use. Scrub under cool running water with a vegetable brush. Dry with a paper towel.

### Preparing Beets

- > Beets will stain counters, cutting boards and hands. Cover your work surface with wax paper or plastic wrap before you cut beets.

Nutrition Facts	
6 servings per recipe	
Amount Per Serving	
Calories	100
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 530mg	22%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 3g	
Vitamin A	2%
Vitamin C	6%
Calcium	8%
Iron	4%



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