**Ingredients**

- 1.25 lb beets, peeled and cut into wedges
- 2 Tbsp cooking oil
- 1 Tbsp fresh rosemary, chopped
- 1/2 tsp sugar
- 3/4 cup orange juice
- Kosher salt to taste

**Instructions**

- Turn oven on to 375°
- Cover flat pan with foil and spray with pan spray. Place peeled, cut beets on pan. Drizzle with oil, salt and sugar. Toss until beets are coated. Place in oven and cook for 30 minutes.
- While beets are cooking, put orange juice in a small pot over medium heat. Let juice simmer until it thickens. This is easy to burn, so keep an eye on it. When juice is thick, remove pot from the heat and add in additional 1 Tbsp of cooking oil (or butter) until melted. Add rosemary.
- Remove beets from oven after 30 minutes, pour glaze over hot beets and toss together. Put back in the oven for 10 minutes or until beets are tender.