

ORANGE ROSEMARY GLAZED BEETS



Yield: 4 servings | Total Cook Time: 45 minutes



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

Did you know that beets are naturally low in carbohydrates? In fact, 1/2 cup of cooked beets (without sauce) has only 7g of carbohydrates. They are also a great source of fiber. One serving of this recipe has 3g fiber.

Beets will keep in the fridge for up to 1 month, when stored properly. Do not wash until you are ready to use them. Storing unwashed beets in an air-tight plastic bag in the fridge drawer will help them to last longer.

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.

