

# ROASTED BEETS N' SWEETS

Yield: 6 servings | Total Preparation Time: 60 minutes



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## Ingredients

- 6 medium beets, peeled and cut into chunks
- 3 medium sweet potatoes, peeled and cut into chunks
- 1 large onion, chopped
- 2 1/2 tablespoons olive oil, divided
- 1 teaspoon garlic powder
- 1 teaspoon sugar
- Salt and pepper to taste

## Instructions

1. Pre-heat oven to 400 degrees F
2. In a bowl, toss the beets with 1/2 tablespoon olive oil to coat. Spread in a single layer on a baking sheet.
3. Mix the remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large resealable plastic bag. Place the sweet potatoes and onion in the bag. Seal bag, and shake to coat vegetables with the oil mixture.
4. Bake beets 15 minutes in the preheated oven. Mix sweet potato mixture with the beets on the baking sheet. Continue baking 45 minutes, stirring after 20 minutes, until all vegetables are tender.
5. Serve hot and ENJOY!



*This side dish recipe is high in potassium **and** vitamin C! Root vegetables, such as sweet potatoes and beets, are low in calories and high in antioxidants. A diet high in antioxidants may reduce the risk of heart disease and other diseases. Root vegetables can also be high in fiber and complex carbohydrates. Though beets taste sweet, they are not considered a 'starchy vegetable,' which helps them to reduce the overall carbohydrate content of this side dish!*

