



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
Jan Elliott Evans, PhD, RD, CNSD  
Registered Dietitian  
drevans@ub-well.com  
www.ub-well.com  
(804) 339-3200

## **ROASTED BABY BEETS**

*Southern Living – October 2011*

Serves 4-6

- 2 lbs of baby beets
- 4 tablespoons butter, cut into pieces
- 1 cup vegetable broth
- ¼ cup honey
- 2 tablespoons cider vinegar
- 3 fresh thyme sprigs
- 3 fresh parsley sprigs
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon olive oil

Toppings: chopped hazelnuts, coarsely chopped fresh parsley, crumbled ricotta salata cheese

- Preheat oven to 350 degrees. Remove tops and ends of beets; wash beets, and place in an 11-x 7-inch baking dish. Dot with butter. Stir together broth and next 6 ingredients; pour over beets. Cover tightly with aluminum foil.
- Bake 1 hour and 15 minutes or until tender. Remove beets, reserving ¼ cup pan juices. Cool beets 15 minutes; peel and quarter.
- Cook beets in hot oil in a large skillet over medium heat, stirring often, 3 to 4 minutes or until lightly browned. Pour reserved pan juices over beets; increase heat to medium-high. Cook 2 to 3 minutes or until liquid is reduced to about 1 tablespoon.
- Serve with desired toppings.