

# Roasted Beets with Feta Cheese

**Recipe Type:** Side Dish

**Serves:** 6

**Prep Time:** 10 minutes

**Cooking Time:** 35 minutes

**C** means cup      **T** means tablespoon      **t** means teaspoon      **oz** means ounce

## What you need:

- 4 medium size beets
- 1 T olive oil
- 1/2 t black pepper
- 1 red onion
- 1/2 C reduced fat feta cheese

## What to do:

1. Preheat the oven to 450°F.
2. Wash your hands.
3. Wash and peel the beets.
4. Cut the beets into 1/2 inch pieces and put them into a large bowl.
5. Add the olive oil and the black pepper.
6. Mix well.
7. Spread the beets out on a baking sheet so they do not touch each other.
8. Place the baking sheet on the highest rack you have in your oven.
10. Cook the beets for 35 minutes or until a fork goes into the beets easily.
11. Put the cooked beets back into the bowl.
12. Peel the red onion and slice it.
13. Add the red onion to the beets and mix.
14. Sprinkle the feta cheese over the top.
15. Serve and enjoy!



This is a picture of 1 serving.

## Nutrition Facts

Serving Size 1/2 C

Amount Per Serving

Calories 70

Calories from Fat 35

%Daily Value\*

Total Fat 4 g 6%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 5 mg 2%

Sodium 200 mg 8%

Total Carbohydrate 7 g 2%

Dietary Fiber 2 g 8%

Sugars 4 g

Protein 3 g

Vitamin D 0%

Calcium 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

FK=3.5

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