

Roasted Beets with Balsamic Glaze

Ingredients

2 pounds red beets, medium sized, scrubbed clean, green tops removed

Olive oil

Salt

1/2 cup balsamic vinegar

2 teaspoons sugar

1 teaspoon grated orange zest

Freshly ground black pepper



Directions

Preheat oven to 400°F and line pan with aluminum foil. Rub beets with olive oil, sprinkle with salt, place in pan, cover with foil: Place the beets in the pan. Rub olive oil over the beets, and sprinkle with salt. Cover the beets with another sheet of aluminum foil. Roast for 1 to 2 hours. After 1 hour, test every fifteen minutes by poking a beet with the tines of a fork. Once the fork tines go in easily, remove from oven.

In a small, shallow sauté pan, add the balsamic vinegar and sugar. Heat on high until the vinegar has reduced to a syrup consistency. Remove from heat.

Peel and cut cooked beets: After the beets have cooled for several minutes, but are still warm to the touch, peel off the outer skins and discard. Cut the beets into quarters or more, bite-sized pieces. Pour glaze over beets, top with grated orange zest, and salt and pepper to taste.