

Coconut Oil Roasted Beets

Nutrient Rich Dishes

Source: happyhealthymama.com/coconut-oil-roasted-beets-aka-vegetable...



SERVES:
4



PREP TIME:
10 MINS



COOKING TIME:
35 - 45 MINS



CALORIES:
183 CAL

INSTRUCTIONS

1. Preheat the oven to 400 degrees F.
2. Spread the diced beets onto a rimmed baking sheet.
3. Drizzle with coconut oil and toss to evenly coat all the beets.
4. Add the salt and toss again to coat with the salt.
5. Roast in the oven 35-45 minutes, until the beets are soft, slightly caramelized, and starting to get crispy.

These roasted beets are often referred to as vegetable candies, but they're much more nutritious. Beets are high in potassium, magnesium, fibre, phosphorus, iron, vitamins A, B & C, beta-carotene, beta-cyanine, and folic acid to name a few reasons to try these.

INGREDIENTS

- 2 1/2 pounds beets, peeled and diced
- 2 tablespoons coconut oil, melted
- 1/2 teaspoon coarse salt