

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

½ t black pepper

1 red onion

½ C reduced fat feta cheese

What to do:

1. Wash your hands.
2. Preheat the oven to 450°F.
3. Wash and peel the beets.
4. Cut the beets into ½ inch pieces and put them into a large bowl.
5. Add the olive oil and black pepper then mix well.
6. Spread the beets out on a baking sheet so they do not touch, and place on the highest rack in the oven.
7. Cook the beets for 35 minutes or until a fork goes into the beets easily.
8. Put the cooked beets back into the bowl.
9. Peel the red onion and slice it.
10. Add the red onion to the beets and mix.
11. Sprinkle feta cheese over the top.
12. Serve and enjoy!



This is a picture of 1 serving.

Contains: Milk

Nutrition Facts	
6 servings per container	
Serving size	1/2 Cup (94g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 207mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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