



Roasted Beets w/ Goat Cheese

(Lunch or Dinner)

Makes: 4 servings

Ingredients

- 1/3 cup Walnuts, chopped
- 8 Beets (4 cups)
- 2 tbsp Walnut Oil (or Olive Oil)
- Sea Salt & Pepper, to taste
- 4oz Goat Cheese, crumbled
- 2 tbsp White Wine Vinegar
- 2 tsp Orange Juice

Each serving contains:

Protein-1/2

Carb-0

Vegetable-1

Fat- 1/2

Directions

1. Preheat oven to 400°. Wrap beets tightly in foil and roast on rimmed baking sheet until tender, about 1 hour.
2. Cool Beets in foil packets until warm, about 20 minutes, then unwrap and cool 10 minutes more. Peel with a sharp knife, then halve and cut into ¼-inch -thick-half-moon slices.
3. Drizzle 1 tablespoon oil in 9x13-inch baking dish and brush to spread over bottom. Arrange beet slices in a single layer, overlapping slightly. Sprinkle with Salt, Pepper & Goat Cheese. Bake until cheese is softened, 5-10 minutes.
4. Whisk together Vinegar and Orange Juice until combined. Drizzle dressing over beets and sprinkle with walnuts.