Balsamic Beet Bites

Beets are in season, and this beautiful vegetable is a great source of potassium, manganese, folate and phytonutrients. Beets can be prepared in a variety of ways—this recipe roasts them to perfection!

Ingredients:
- 1 bunch beets (about 4 medium), peeled
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- Pinch pepper
- 2 oz. arugula, torn into smaller pieces if desired

Directions:
1. Preheat oven to 400 degrees F.
2. Cut beets into ½ to ¾ inch cubes and toss with vinegar, oil, sea salt, and pepper.
3. Pour beets into a 13 x 9" pan and roast until beets are tender (30 to 40 minutes).
4. Skewer beets and arugula pieces alternately on toothpicks. For a different presentation, try wrapping larger arugula leaves around beet bites before skewering. Serve warm or cold.

Serving Size: 1 ounce
Yield: 12 servings

Nutrition Information / Amount per serving:
- Calories 36
- Protein 0.6 g
- Total fat 2.3 g
- Total Carbohydrates 3.4 g
- Saturated fat 0.3 g
- Dietary Fiber 0.8 g
- Cholesterol 0.0 mg
- Sodium 120 mg

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