



## HONEY-ROASTED BEETS

Advanced Lifestyle

### INGREDIENTS

2 TBS avocado oil or canola oil  
¼ TSP salt  
¼ TSP ground pepper  
2 pounds medium beets, peeled, halved and cut into small wedges  
2 TBS honey  
2 TBS lemon juice

### INSTRUCTIONS

—Place a large rimmed baking sheet in the oven. Preheat to 450° F.

—Stir oil, salt and pepper together in a large bowl. Add beets and toss well to coat. Transfer the beets to the hot baking sheet and roast until almost tender, 20 to 25 minutes. Remove from the oven and drizzle, with honey and lemon juice, tossing to coat. Continue roasting until tender, about 5 minutes more.

**SERVING INFO:** (Yields 6 servings)

½ cup = 1 V, ½ FT

See photo of recipe at [Instagram](#) and [Facebook](#).

See recipe video at EatingWell.com → [Honey-Roasted Beets](#)