

BALSAMIC GLAZED ROASTED BEETROOT



Easy



50 minutes



Side



04 Servings

INGREDIENTS

1 bunch of beetroot
1 teaspoon sea salt
2 tablespoons extra virgin olive oil
½ cup balsamic vinegar
1 tablespoon maple syrup
freshly ground black pepper, to taste



COOKING STEPS

Preheat the oven to 400 degrees. Line a baking sheet with aluminum foil. Remove the leafy stems and roots of the beets and peel each one with a vegetable peeler. Cut the beets in 1½ inch chunks.

Place the cut beets on the prepared baking sheet and toss with the olive oil and salt. Roast for 35 to 40 minutes, tossing once with a spatula midway through, until the beets are tender when pierced with a thin-bladed knife.

Meanwhile, combine the vinegar and maple syrup in a small, shallow sauté pan. Cook over a medium heat until the liquid is just slightly thickened and lightly coats the back of a metal spoon. It should be reduced by about half (or to about 3 tablespoons). Pay close attention and be sure not to over reduce it, it goes from sweet and syrupy to burnt and hard very quickly.