

# Roasted Beet Fries

## INGREDIENTS

- 2 lb. – fresh beets, cut into fries
- 1 ¼ tsp. – salt
- ½ tsp. – ground black pepper
- 2 tbsp. – Italian herb seasoning
- ½ cup – cooking oil

**Servings: 4-6**

## METHOD

- 1) Toss all ingredients together and ensure the beets are evenly coated.
- 2) Evenly spread on a baking pan, do not overcrowd.
- 3) Bake in a preheated 425-degree oven for about 15 minutes and then gently turn the beets with a metal spatula.
- 4) Cook an additional 15 minutes or until crispy and caramelized.

### Notes:

- Season with additional salt and pepper after baking if desired.

**Serve & Enjoy**



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## Fun Facts

Beets can be sweet!  
Sugar Beets are used in making sugar. Beets have the highest natural sugar content among all other vegetables

Sea salt is from the evaporation of seawater. It is different than table salt because it contains minerals like magnesium.

Pepper adds a subtle, slightly spicy flavor to dishes. It comes from peppercorns on the pepper plant and is a good source of manganese, a mineral that is good for bone health.

Beets, whether red or gold, are packed with powerful nutrients that help your heart and brain. Beets can be enjoyed raw, cooked, or pickled.

The pigment that gives beets their deep red color, "betanin", is also a powerful antioxidant, which is good for your immune system. Beets are sometimes used as a natural dye due to their intense color.