

# Roasted Beets with Lemon and Dill



## Ingredients:

- 1 lb fresh beets (without greens)
- ¼ red onion (medium)
- ¼ fresh dill
- ½ lemon
- ½ tsp ground cumin
- ⅛ tsp salt
- Black pepper to taste
- ½ tbsp olive oil
- Nonstick cooking spray

## Directions:

1. In a medium bowl, combine the olive oil and cumin. Add the beets, lemon zest, chopped lemon, onion, dill, salt, and pepper and gently toss together. Transfer to a serving dish and serve warm.
2. Zest the lemon half, then use a pairing knife to remove the remaining skin and pith. Cut in between the membranes to release the lemon segments, then chop.
3. Preheat the oven to 450°F. Coat a baking sheet with nonstick cooking spray
4. Wash the beets, then pierce each beet several times with a fork and place in the prepared baking dish. Cover with aluminum foil and bake until a fork can pierce the beets with ease (~ 1 hour). Remove the baking dish from the oven and allow the beets to cool for 15minutes. Remove the skin and cut the beets into ¼ inch slices.

## Nutritional information:

Calories .....	70
Total Fat.....	2 g
Saturated Fat .....	0.2 g
Cholesterol .....	0 mg
Total Carbohydrate....	12 g
Dietary Fiber .....	2 g
Protein .....	2 g
Sodium .....	150 mg
Serving Size .....	¾ cup
Recipes Yields.....	4 servings

Prep time: 15 minutes

Cook time: 1 hour

Adjusted from:

<https://www.diabetesfoodhub.org/recipes/roasted-beets-with-lemon-and-dill.html>

[hoag.org/healthyrecipes](http://hoag.org/healthyrecipes)