

Beets with Garlic and Walnuts

Ingredients:

Serves 6-8

2 pounds red and golden beets (about 6-8 medium size)

If greens are in good condition save for garnish or salad.

2 Tbsp. olive oil

6-8 cloves garlic, peeled and finely minced

3/8 cup walnuts, minced

3 Tbsp. freshly squeezed orange juice

1/8 tsp pink Himalayan salt

1/4 cup chopped fresh cilantro or green beans for garnish



Nutrition Facts	
Serving Size 2/3 Cup (176g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 4g	
Vitamin A 2%	Vitamin C 20%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Preheat oven to 400 degrees. Wash beets, wrap them individually in foil and place on a cookie sheet. Bake for 45-60 minutes, until softened and test with thin knife that pierces the beet with little resistance. Smaller beets cook faster, so remove them while cooking the larger ones longer.
2. Allow the beets to cool until you can handle comfortably. Peel off the skins with a small paring knife, handling with a plastic bag or gloves to prevent temporary staining on hands. Slice beets into 1/4" slices or thicker wedges.
3. Dressing: Heat olive oil in a skillet over medium-low heat. When oil is warm, add garlic and walnuts, then cook until they begin to change color or about 4 minutes. Mix in orange juice and sprinkle with salt to taste.
4. Arrange beets in alternating colors and drizzle warm dressing on top, or toss the beets with dressing. Garnish with cilantro, or chopped beet greens for color.

Notes:

Peeling beets after cooking keeps more and flavor moisture inside. Some people prefer not to peel the beets, but the skin may be tough or chewy.