

# ROASTED BABY BEETS WITH RED ONION AND ORANGES

Prepared by: Kimi Nelson, April 2019

Source: Appetites

1 pound baby beets (6 to 8 beets), scrubbed and trimmed  
2 tablespoons canola or grapeseed oil  
½ medium red onion, peeled and thinly sliced  
1 navel orange, peeled and cut crosswise into ¼-inch-thick-wheels  
2 teaspoons cider vinegar  
12 fresh mint leaves, torn (optional)  
Salt and freshly ground black pepper to taste

Preheat the oven to 450 degrees.

Toss the beets in a roasting pan with 1 tablespoon of the oil, and roast in the oven for 45-50 minutes, until a paring knife slips easily through the center. Once the beets are cool enough to handle, slip off and discard the skins.

Let the beets cool to room temperature, then cut into ¼-inch-thick slices. Toss in a mixing bowl with the onion, orange, vinegar, the remaining 1 tablespoon oil, and, if using, mint. Season with salt and pepper and serve.

*Kimi's Notes: "So easy! Will use this again for an easy make ahead salad."*

