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Roasted Beets with Balsamic Glaze

Vegan, gluten-free, grain-free, nut-free, refined sugar-free

Glaze Ingredients:

1 tablespoon honey or maple syrup
1/2 Cup Balsamic Vinegar
Salt and Pepper to Taste

Ingredients:

3 medium size golden beets (with skin on)
3 medium size red beets (with skin on)

Directions:

1. Preheat oven to 350 degree's, scrub outside of beets. Then wrap each beet in aluminum foil and place foil wrapped beets on a baking sheet and bake in the preheated oven for 50-60minutes or until the beets are soft with a fork.
2. Remove beets from the oven and let cool (approx. 15mins). Meanwhile heat the vinegar, honey or maple syrup, salt and pepper in a small saucepan over medium-high heat. Bring to a boil, reduce heat and simmer until thick and bubbly (approx. 3mins)
3. When the beets are cool, cut them into ¼ inch squares, layout on a platter and drizzle with glaze before serving. Season with additional salt and pepper if desired.