

Warm Beets with Goat Cheese



Ingredients

- 4 medium beets
- 4 cloves of garlic
- 2 Tbsp. olive oil
- 1 oz. goat cheese
- Salt and pepper to taste

Directions:

1. Wash the beets thoroughly and cut off any rough bits. Place the beets and garlic on a square of aluminum foil, season with salt and pepper and pour olive oil on top. Close up the foil around the beets.
2. Cook at 350 degrees for about an hour and 15 minutes. (Golden, white or pink beets cook a little faster.)
3. Remove from oven, allow them to cool enough to handle, then peel. The skins should come off easily.
4. Crumble the goat cheese on top and enjoy while they are still warm.
5. This recipe serves two.

*Yield 2 servings, serving size: 1 serving. Calories: 174.
Fat: 18 g. Cholesterol: 15 mg. Sodium: 152 g. Carbohydrates: 14 g.
Fiber: 3 g. Sugar: 9 g. Protein: 4.5 g.*

**These facts may vary based on size, amount,
and brand use. This information is only a guide.*