

Rosemary-Roasted Beets and Carrots

(Serves 4)

Ingredients

- 1 lb beets, scrubbed and cut into 1/2-inch wedges
- 1 lb carrots, scrubbed, cut into 2-inch lengths, halved lengthwise if large
- 2 tablespoons fresh rosemary*, chopped
- ¼ cup apple cider vinegar
- 3 tablespoons olive oil
- ¾ teaspoon salt
- ¼ teaspoon black pepper

*You can substitute with 2 teaspoons of dried rosemary.

Directions

1. Heat oven to 450° F. Spread all ingredients in a single layer on a baking sheet
2. Roast for about 30 minutes, tossing once, until the vegetables are browned and tender.
3. Enjoy!

Nutrition Quick-Fact

Beets are a good source of folate, which is important for brain health.