

Roasted Beet Bowl with Walnuts and Thyme

Ingredients

1 ½ pounds	fresh red or yellow beets, peeled and sliced in half
2 tablespoons	olive oil
½ teaspoon	salt
½ teaspoon	pepper
¾ cup	balsamic vinegar
2 tablespoons	honey
½ cup	walnuts
2 tablespoons	fresh thyme, chopped
¼ cup	crumbled feta or goat cheese
2 cups	brown rice, cooked

Recipe adapted by Jenny Pitcher, RDN, LD, CHWC

Directions

- 1. To roast the beets:** Pre-heat oven to 425 degrees Fahrenheit. Spread beets onto sheet pan, then drizzle with olive oil and sprinkle with salt and pepper. Roast for 30-40 minutes, until beets are fork-tender and crispy on the outside. During the last 5 minutes, add the walnuts to the sheet pan with the beets, letting them roast until toasty golden-brown.
- 2. To make the balsamic reduction:** In a small saucepan, heat the vinegar over medium heat until it comes to a rolling boil. Let it continue to simmer until it reduces by half. Stir in the honey and let it cook for another minute or two. Let it cool slightly.
- 3. To assemble the bowls:** Spoon rice into the bottom of a bowl and layer beets on top. Drizzle with balsamic reduction. Sprinkle with thyme and cheese.

