

## Balsamic Glazed Beets



### Ingredients:

3 pounds beets, scrubbed & stems trimmed to 1 inch

1/4 cup balsamic vinegar

2 Tbsp maple syrup or honey

2 Tbsp olive or canola oil

1/2 tsp dried thyme, or 1 tsp minced fresh thyme

Salt & pepper

### Directions:

1. In a large pot, cover beets with lightly salted water by 1 inch. Cover and simmer 35-45 minutes, until tender. Drain and cool; then slip off

skins and stems and cut lengthwise into wedges.

2. In a large skillet, stir together vinegar, syrup or honey, and oil. Add beets and cook over medium heat, stirring until heated through and well coated.

3. Add salt and pepper to taste, sprinkle with thyme and toss gently.

*\*Step 1 can be done up to 2 days ahead; keep covered and chilled. Bring to room temperature before using.*

**MICHIGAN STATE**  
UNIVERSITY | **Extension**

**Jane Rapin, RD, CDE**

Nutrition Program Instructor

231-922-4858

rapin@anr.msu.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.