



WEIGHT ★ NO ★ MORE DIET CENTERSM



www.weightnomoredietcenter.com

Oakhurst, NJ
732.663.0222

Marlboro, NJ
732.536.2027

Brooklyn, NY
718.998.8898

Cedarhurst, NY
516.569.6400

OVEN-ROASTED BEETS

Stabilization (Week 3) & Maintenance

Ingredients

6 medium-size beets, trimmed
1 TBS balsamic vinegar
2 TSP olive oil
1/4 TSP salt
1/4 TSP ground black pepper
1/2 cup coarsely chopped walnuts, toasted

Instructions

1. Preheat oven to 425°.
2. Wrap each beet individually in aluminum foil.
3. Roast beets in oven for 1 hour or until fork-tender.
4. Remove beets from oven and let stand until cool enough to handle. Remove foil, using paring knife.
5. Slip skin off beets. Cut beets into quarters or eighths, depending on size of beets. Toss with vinegar, oil, salt, pepper and walnuts in large bowl. Serve slightly warm or at room temperature.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1/4 of the mixture = 1/2 P, 1 V, 1/2 FT