



**BODYBUILDING.com**™

### **Grilled Balsamic Beets**

Not only do beets make every dish gorgeous, they have a unique, earthy flavor that makes any side dish delicious. Additionally, beets are high in fiber, vitamin C, potassium, and manganese. This recipe is beautiful and scrumptious. Show it off at a dinner party, or just make it as a weekend afternoon treat for yourself.

Prep Time: 70 min. Cook Time: 25 min.

Serving size: 1/2 of recipe

Recipe makes 2 servings

#### **Ingredients**

2-3 red beets, sliced

1/2 cup balsamic vinegar

1 tsp olive oil

4 fresh basil leaves, chopped

1 clove garlic, minced

2 tbs goat cheese

#### **Directions**

1. Combine the balsamic vinegar, olive oil, basil, and garlic in a small bowl. Stir with a fork.
2. Cut the beets into thin slices and spread out in a flat container.
3. Pour the marinade over the beets and let sit for at least one hour.
4. Take the marinated beets and place in the center of a sheet of aluminum foil and wrap them. Place the wrapped beets on a grill or in an oven set to 425 degrees F. Let cook for 20 minutes.
5. Remove the beets from the foil and place directly on the grill (or in grilling pan) and let cook for an additional 2 minutes, turning them over to grill both sides. Brush any leftover marinade on the beet slices as they cook.
6. Remove from grill, plate, and top with goat cheese and additional chopped basil, if desired. Serve warm or cold!