



Balsamic Beet Dip

8 servings

1 hour

Ingredients

- 4 Beet (medium, peeled, cut into small cubes)
- 1 Yellow Onion (sliced)
- 12 Garlic (cloves, peeled)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 cup Water
- 1 1/2 tbsps Balsamic Vinegar
- 2 tbsps Parsley (optional, chopped)

Nutrition

Amount per serving	
Calories	93
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	1g

Directions

- 1 Preheat the oven to 400°F (204°C). Cut a large piece of foil or parchment paper.
- 2 Place the beet, onion and garlic in the center of the foil or parchment and season with half of the salt and half of the oil. Wrap tightly and transfer to a baking sheet. Bake for 40 to 45 minutes or until the beets are tender. Let cool slightly.
- 3 Transfer the cooked beets, onions, garlic and all the juices to a blender along with the water, balsamic vinegar, remaining salt and remaining oil. Blend until smooth and silky.
- 4 Serve chilled and garnish with parsley, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/2 cup of dip.

Beets: 4 medium beets are approximately 2 1/2 cups cubed.

Serve it With: Sliced vegetables or crackers or use as a spread.