**Roasted Beets Recipe with Balsamic Rosemary Glaze**

### Ingredients:

* 3 beets, washed, peeled and chopped
* 1 tablespoon avocado oil
* 1 tablespoon balsamic vinegar
* 1 tablespoon fresh rosemary, chopped

### Directions:

1. Preheat the oven to 400 F.
2. Place the beets on a 9x13 baking sheet, lined with parchment paper.
3. In a small bowl, mix the avocado oil, balsamic and rosemary.
4. Pour the mixture over the beets to evenly coat.
5. Bake for 30–40 minutes, or until fork tender.
6. Sprinkle with sea salt and pepper to taste.