

Shredded Beets with Balsamic Vinegar

Start to finish: 15 minutes

Servings: 4

2 tablespoons extra-virgin olive oil

1 lb. beets, peeled and grated using the small grating disk of a food processor

Kosher salt

2 tablespoons balsamic vinegar

½ cup dried cherries

In a large skillet over medium, heat the oil. Add the beets and a pinch of salt and cook, covered, stirring often, for 5 minutes. Stir in the vinegar and cherries, then cook, covered, until tender, about 2 minutes more.

Nutrition information per serving: 180 calories; 60 calories from fat (30 percent of total calories); 7 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 25 g carbohydrate; 5 g fiber; 17 g sugar; 3 g protein; 210 mg sodium.