

# Orange-Miso Glazed Beets

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## Servings: 4

*2 pounds (about 7) medium beets, trimmed*  
*3/4 cup (2 to 3 oranges) fresh orange juice*  
*2 tablespoons white miso paste*  
*2 1/2 teaspoons sugar*  
*2 1/2 teaspoons soy sauce*  
*4 slices ginger, 1/4-inch thick*  
*3 cloves garlic, smashed*  
*Kosher salt*  
*sliced scallions (for topping)*

Preheat the oven to 400 degrees.

Place the beets in a large baking dish and add 1/3 cup of water. Cover the dish with foil. Roast, adding more water to the pan if needed, until the beets are easily pierced with a knife, 50 to 60 minutes.

Uncover and let cool. Rub off the beet skins and cut the beets into 1/2-inch wedges. Transfer to a medium bowl.

In a medium skillet over medium-high heat, combine the orange juice, miso paste, sugar, soy sauce, ginger and garlic. Bring to a simmer. Cook, stirring occasionally, until thickened and reduced to about 1/4 cup, 8 to 10 minutes. Strain through a fine-mesh sieve and pour over the beets.

Season with salt and toss. Sprinkle with scallions.

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Per Serving (excluding unknown items): 55 Calories; trace Fat (6.6% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 217mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.