

VEGETARIAN

Glazed-Beet-and-Burrata Toasts

18 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
75 min	4	\$3.47	539 kcal



Glazed-Beet-and-Burrata Toasts could be just the lacto ovo vegetarian recipe you've been looking for. For \$3.47 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. This recipe serves 4. One serving contains 753 calories, 32g of protein, and 34g of fat.

Ingredients

- ☐ 3 (about 3/4 pound total) beets
- ☐ 1/2 pound burrata cheese, cut into 12 pieces
- ☐ 4 servings Extra-virgin olive oil, for drizzling
- ☐ 1 sprig rosemary
- ☐ 4 servings Flaky salt, such as Maldon, for garnish
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon black peppercorns
- ☐ 12 slices (4-by-2-inch) dense whole-grain bread, brushed with olive oil and toasted
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings Salt
- ☐ 1/2 cup sherry vinegar
- ☐ 4 sprigs thyme

☐ 12 sprigs (small) watercress

EQUIPMENT Sauce pan

Method

- 1

In a medium saucepan, cover the beets with cold water.
- 2

Add the thyme sprigs, black peppercorns and red wine vinegar and bring to a boil. Simmer, partially covered, until the beets are tender, about 45 minutes, replenishing the water if necessary.
- 3

Drain the beets, then peel and cut them into 1/4-inch dice.
- 4

Return the diced beets to the saucepan.
- 5

Add the sherry vinegar, sugar, rosemary sprig and 1/4 cup of water and bring to a boil. Cook over moderately high heat until a syrupy glaze forms, about 12 minutes. Discard the rosemary sprig and season the beets with salt.
- 6

Top each whole-grain toast with a spoonful of the glazed beets, a piece of burrata and a sprig of watercress.
- 7

Drizzle with extra-virgin olive oil, garnish with the flaky salt and serve.

Nutrition per serving			
	539	21 g	31 g
	KCAL	PROTEIN	FAT
			49 g
			CARBS
Saturated Fat			10.5 g · 66% of daily needs
Fibre			7.2 g · 29% of daily needs
Sugar			13.9 g · 15% of daily needs
Sodium			820 mg · 36% of daily needs
Cholesterol			40.3 mg · 13% of daily needs
Vitamin C			8 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/glazed-beet-and-burrata-toasts-143541