
BEETS BAKED IN FOIL

Serves 4

This is a really nice way to cook beets. It produces beets that are firm and not waterlogged, without much mess!

4 large or 8 medium beets, about 1½ to 2 lbs.

Heat oven to 400°F. Wash the beets well. Wrap them individually in foil and put them on a cookie sheet or roasting pan.

Bake, undisturbed, for 45-90 minutes, until a thin-bladed knife pierces one with little resistance (they may cook at different rates; remove each one when it is done).