
ROASTED BEETS

Serves 8

Roasted beets bleed very little when cut, so they can also be used in recipes. Just remember that the dish will take on a sweet and very distinct roasted flavor.

2 lbs. beets, trim all but 1 inch of the stems and wash
1 Tbsp. olive oil (if roasting without aluminum foil)

Adjust oven rack to middle position and heat oven to 350°F. Wrap beets in foil or brush with olive oil and place in small roasting pan. Roast until beets can be easily poked with paring knife, about 1 hour. Cool slightly, remove skins, and serve.

Season with:

Salt and ground black pepper or paprika to taste

Toss with (optional):

2 Tbsp. butter or olive oil
1 Tbsp. chopped fresh parsley or snipped fresh chives or dill
Fresh lemon or lime juice to taste