

# BEET RECIPES

## Roasted Beets

6 medium beets, tops removed, scrub well  
Extra virgin olive oil, for drizzling  
Sea salt  
Freshly ground black pepper

Preheat the oven to 400°F. Place each beet on a piece of foil. Drizzle generously with olive oil and sprinkle with salt and pepper. Wrap the beets in the foil, place on a baking sheet, and roast for 35 to 60 minutes, or until fork-tender. The timing will depend on the size and freshness of the beets. Remove the beets from the oven, remove the foil, and set aside to cool. When the beets are cool to the touch, peel off the skins. I like to hold them under running water and slide the skins off with my hands. Cut or slice the beets and drizzle lightly with olive oil. Season to taste with salt and pepper, toss, and serve.

## Beet Salad

1 1/2 pounds beets (red, golden, or a mix) cooked, peeled and diced  
1/3 cup red onion, very finely chopped  
1 garlic clove, finely minced, use a garlic press  
4 tablespoons olive oil  
2 tablespoons Apple Cider Vinegar  
1 orange (2 tablespoons zest and 4 tablespoons juice)  
1/2– 1 cup raisins ( or sub-dried currants)  
1/2 teaspoon salt, more to taste  
1/2 teaspoon pepper  
1 cup cilantro, chopped  
1/2 –1 cup pistachios  
1 cup feta, cut into cubes

Boil, roast or steam beets until fork tender. Trim and rub under cool running water to remove skin. Dice into small, 1/2 inch cubes. Place in a large bowl. Add diced onion, garlic, olive oil, vinegar, orange zest and orange juice, raisins, salt and pepper and mix to combine well. Add cilantro, pistachios and feta. Gently toss. Taste, add more pistachios, raisins or feta to taste. Serve in a bowl and garnish with cilantro.

