



FRESH ROASTED BEETS

INGREDIENTS

Up to 4 lbs beets, any color – preferable with greens on

1. Place a rack in the center of your oven and preheat oven to 450 degrees F. Line a 9x13 baking dish with foil. An alternative is to wrap each beet in foil individually, like baking potatoes. If you are baking something else in the oven, just throw the beets in with it and adjust cooking time per temperature setting and beet size.
2. As the oven is heating up, prep your beets for roasting. Trim leaves and upper stems of beets, leaving about 2 inches of the stems intact at the top of each beet. DO NOT trim the tail of the beets; if you do, you will lose precious juicy flavor that will drizzle out of the trimmed tails during roasting.
3. Gently scrub the beets clean and pat dry. You want to get the dirt off them, but you don't want to scrub the skin off – it will help to hold the juices in while the beets roast.
4. Place the beets in a single layer in the bottom of the foil lined baking dish
5. Cover the baking dish tightly with foil.
6. Roast the beets in the oven for 45 mins to 2 hours (very large beets may take even longer). Use a pair of tongs to flip the beets every 30 minutes to make sure they roast evenly on all sides. Roasting time will depend on the size of your beets. Start checking your beets for doneness at 45 minutes by piercing the largest beet in the bunch with a fork (like checking a baking potato). If the fork comes out easy, the beets are done. If not, continue to roast another 10 minutes and test again. Continue to test until they are ready.
7. After cooking, uncover the beets and allow to cool for 5-10 minutes until you can handle them. Cut off the beet stems and tails. BE AWARE THAT BEET JUICE WILL STAIN PRETTY MUCH ANYTHING IT TOUCHES. THAT MEANS YOUR HANDS, YOUR CUTTING BOARD, YOUR CLOTHES.
8. Peel the skin from the beets while they are still warm. I prefer to remove the skin with my bare fingers under cold running water; the skin comes off easily this way and the red beet juice comes off my hands with a few soap and water washings.
9. Once roasted, they can be added to salads, eaten plain or as a side dish. The sweetness of the roasted beets is a treat with any dish.