

## *Savory Roasted Beets*

### Ingredients

- Various beet types, in their skin, either whole or cut in half or in quarters, beet stems intact
- Olive oil – ¼ to 1/3 cup
- Salt (i.e., garlic salt, sea or kosher salt, etc.) – ½ to 1 tsp. as desired
- Pepper – 1 tsp.
- Fresh basil (Thai basil if you have it)
- Dill (fresh, preferred)
- Lemon slices

1. Pre-heat the oven to 350 degrees.

2. Remove beet greens; save for salads. Scrub beets well. With a sharp knife, cut in half or in quarters if they are very large. Put them in a large bowl.

3. Drizzle olive oil over the beets, just enough to lightly cover them. Add salt, pepper, basil, dill, and stir all ingredients well. Transfer beets to shallow baking pan sprayed with cooking spray or lined with foil.

4. Roast beets uncovered for one hour, but check after 30-45 minutes to see if they are scorching at the bottom of the pan. If so, add 1-2 T. of water to the bottom of the pan.

5. Beets are done when a fork slides through easily, and without resistance. If still hard, cook them longer.

6. You may serve beets with the skin on, and let your diners peel the skin back. If you prefer to do it before serving, hold beet with a paper towel, rub the skin away or pull it away with a fork.

7. Serve beets with fresh basil leaves and lemon slices. Oh, so lovely and delicious!

8. You may store the beets for up to a week in the refrigerator.

**Nutrition information for 1 cup: 98 calories, 2.2 g protein, 13 g CHO, 4.6 g fat, 3.8 g fiber**

*The Di Chioggia, Golden, Cylindria and white beets in this recipe came from a farmer in Hettinger, ND, whose sister Rhonda shared them with our family. Friendship and variety are the two best spices in life!*

*Recipe courtesy of Bev Benda, RDN, BCC*

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