

Russian Beet Salad (“The Enchanted Broccoli Forest” Mollie Katzen)

Preparation time: About 30 minutes, plus time to stand and to chill

Yield: 4-5 servings

8 healthy (2 ½ inch diameter) beets
¼ cup cider vinegar
1 medium clove garlic, minced
1-2 tsp honey
½ tsp salt
½ cup minced red onion
2 scallions, minced (whites and greens)
1 medium cucumber-peeled, seeded, and minced
2 hard-boiled eggs, chopped
2 Tbsp minced fresh dill (or 2 tsp diced)
1 cup firm yogurt (optional)
freshly ground black pepper

Trim the beets of their stems and greens, and place the beets in a medium-large saucepan. Cover them with water and bring to a boil. Cook for about 25 minutes, or until tender enough for a fork to slide in easily.

Meanwhile, combine the vinegar, garlic, honey, and salt in a medium-large bowl.

Rinse the cooked beets under cold running water as you rub off their skins. Chop into ½-inch bits, and add them, still warm, to the vinegar mixture. Stir and let stand about 30 minutes.

Add the remaining ingredients, seasoning to taste with black pepper. Mix well, cover tightly, and chill until very cold.