

Harvest of the Month Beets



Roasted Garden Beets

Use favorite spices to enhance the flavor of garden-fresh roasted beets. Yields 6 servings Prep time: 5 minutes | Bake time: 45 |

Ingredients:

- 6-7 whole beets
- 2 Tablespoons extra virgin olive oil or oil of choice
- 1/2 teaspoon coarse salt
 - Optional: dusting of garlic powder fresh ground black pepper, paprika, cumin or chili powder

Instructions:

Preheat oven to 350F. Spray a large baking sheet with non-stick spray or use parchment paper lightly coated in nonstick spray. Set aside. Rinse and scrub the beets with a brush or coarse sponge. Transfer to a plastic cutting board (if you use wood/bamboo, it may become permanently stained). Use a sharp knife to cut off the each end, then chop into 1/2" cubes.

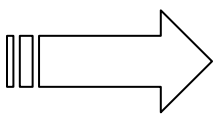
Transfer cubes to a large mixing bowl and toss with oil, then salt (and other spices of choice, if desired).

Spread the beets evenly on the prepared baking sheet.

Bake for approx. 45 minutes or until cubes are slightly crisp around the edges and tender in the middle.

Yummy Variation: Harvard Beets: Roast the beets whole: Place in a baking pan and seal tightly with aluminum foil; bake at 400° for 1 hour. Once cooled, remove roots and skin. Cut into ¼ inch dice or slice and set aside. Make Harvard sauce: Mix 1/3 c. sugar, 2 teaspoons cornstarch, ¼ c. cider or white vinegar and ¼ c. water in a saucepan and bring to a boil, whisk until thickened, about 30 seconds; remove from heat and whisk in 1 Tbsp. butter. Add the beets and heat through; add salt to taste; serve at room temperature.

Recipe Notes: The roasted beets with skin have an earthy flavor. Grip by the roots and peel with a potato peeler or paring knife. Store completely cooled beets in an airtight container for a week in the fridge, or up to 6 months in the freezer. *photo credit: aleanbake.com*



VIEW THE VIDEO at [www. BRMH.net/Recipes](http://www.BRMH.net/Recipes)

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Gordy's Market, local school districts, and the community. www.JacksonInAction.org

