

Roasted Beets

Roasting beets brings out their sweetness and, even for beet doubters, can be an easy addition to your beet preparation. There are two ways to roast them, with the skins on or off.

Skin on Roasting

- Preheat oven to 425°F
- Prepare a sheet pan by placing a small amount of oil (canola or olive) on the sheet pan and spread the oil all over the pan. You can place parchment paper on the sheet pan before you oil the pan to make for easier clean up.
- Scrub the beets to remove any debris left on them.
- Cut both ends off the beets and then slice the whole beet in half if it's a large beet. If it's a small beet, roast the whole beet. The idea is to have beets of approximately the same size so roasting time is close to the same time for all beets on your sheet pan.
- Make sure the oil covers all side of the beets and then place beets cut side down on the baking sheet making sure the beet halves don't touch.
- Roast for ~ 45 minutes, rotating pans about half way through the roasting time if you have more than one pan of beets.
- Remove from oven when fork tender. Allow to cool slightly and then remove skins.
- Cut into bit size pieces and serve warm.

Skin off Roasting

Follow directions above EXCEPT instead of scrubbing the beets, peel them as you would a potato.

Left Overs

You can roast all your beets at once. Just refrigerate any leftovers. They are delicious cold or as a salad topping with some cheese, nuts and tasty vinaigrette.