

Grilled Brined Carrots & Beets with Yogurt Dill Sauce

Brined Root Vegetables

4 cups water	1 / 4 tsp red pepper flakes
3 Tbl coarse Kosher salt	1 / 2 lb carrots
2 bay leaves	1 / 2 lb beets

1. Scrub and trim the carrots. Then slice them in half lengthwise.
2. Scrub and trim the beets. Then cut into 6 wedges.
3. In a 13 X 9 baking dish, which the water and salt until salt dissolves.
4. Add bay leaves and pepper flakes.
5. Submerge carrots and beets in brine and let sit at room temperature for 1- 2 hours.
6. Transfer carrots and beets to paper towel lined plate and pat them dry.
7. Discard the brine.
8. Heat grill for indirect heat.
9. Place carrots and beets on the grill and cook for 10 – 14 minutes, turning occasionally, until browned on all sides and crisp tender.
10. Transfer to serving plate and serve with Yogurt Dill Sauce.

Yogurt Dill Sauce

1 cup plain full fat yogurt	1 Tbl fresh lemon juice
1 / 4 cup chopped fresh parsley	1 clove garlic, finely chopped
1 / 4 chopped fresh dill	1 / 4 tsp salt
1 Tbl olive oil	

1. In a small bowl, whisk all ingredients together and serve with brined vegetables.

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