

## ROASTED BEETS

Susan Denzer, Chef and Culinary Consultant  
Love + Craft Kitchen, LLC  
[www.loveandcraftkitchen.com](http://www.loveandcraftkitchen.com)



Photo: Love+Craft Kitchen

My favorite way to have beets! Roasted beets, with their candy-like flavor, can turn even the most skeptical eater into a believer. Beets are a power-packed superfood. Not only are they anti-inflammatory and contain anti-oxidants, but also are helpful to the body's detoxification process. In addition, they contain many essential vitamins and minerals such as folate and other B vitamins, iron, manganese, copper, magnesium, potassium, and vitamin C.

Dark red or purple beets are what come to mind most often, yet many varieties are available - yellow, orange, white, even red and white striped. Some varieties look similar to a carrot in shape and color, and sugar beets actually resemble a turnip. As for flavor profile, dark red beets are more strongly flavored and earthy, while lighter colored beets are generally milder and sweet.

Makes: 3 - 4 Roasted Beets

### INGREDIENTS

3 - 4 beets, washed and peeled (any color)  
2 tablespoon avocado oil  
2 teaspoon fresh thyme leaves (or ¼ teaspoon dried thyme or dried herb blend)  
¼ teaspoon Kosher salt  
1/8 teaspoon ground black pepper

### DIRECTIONS

1. Preheat the oven to 425°F. Prepare a small baking dish by spraying with cooking spray. Set aside.
2. If using fresh thyme leaves, strip the thyme leaves from the stems; discard stems. Set aside.
3. Slice off the tops and the root ends of the beets and peel each one. Cut the beets in half or quarters and place into a medium mixing bowl.
4. Sprinkle the avocado oil and toss to coat.
5. Transfer the beets to prepared baking dish. Sprinkle the fresh thyme leaves or dried herbs, salt, and pepper over the beets. Cover baking dish with foil.
6. Place into the oven and roast for 20 minutes, turn beets over. Leave uncovered and continue roasting until the beets are tender when pierced with a sharp knife, about another 20 - 30 minutes, depending on size.
7. Remove from the oven and allow to cool. Beets may be served warm or cold, and can be covered and refrigerated for up to 3 days.

### USES:

- in a salad
- as a side dish
- pureed into a dip or spread
- added to a soup
- added to a smoothie