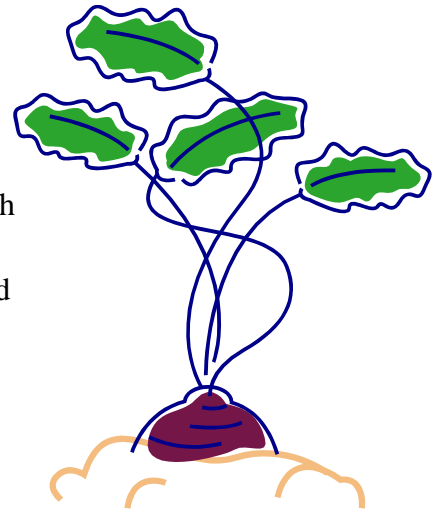


## Roasted Beets

Wash the beets and trim the tops to within 1 inch of the root. Add the tops to salads or save for a Swiss chard or cooked spinach recipe (or stir-fry them until lightly wilted and serve them with your beets). Wrap the beets in foil or put them in a tightly covered pan with a little water in the bottom and roast in the oven at 400 degrees until the beets can be pierced with a fork. When cool enough to handle, trim off the ends, peel the beets and cut into chunks, slices or wedges. Serve plain, or drizzle with olive oil. Add salt and pepper or your favorite fresh herbs or vinegar, to taste. Or serve them with the following recipe for Yogurt Sauce.



## Yogurt Sauce with Cayenne & Dill

1 cup yogurt  
½ sp salt  
½ cup sour cream  
2 tsp chopped dill  
1 large garlic clove  
¾ tsp cayenne pepper

Whisk together the yogurt and sour cream. In a mortar, crush the garlic and salt into a paste. Measure 1 tsp of the paste and add it to the yogurt along with the dill and cayenne. If you have time, refrigerate for 1 hour before serving.

**Comments:** This is a great overall dipping or serving sauce provided by Deborah Madison in *Vegetarian Cooking for Everyone*. We love it with fresh roasted beets, but it is excellent with any vegetable cooked or raw. Deborah Madison is adamant that mashing the garlic, rather than chopping or mincing, brings out a distinct flavor. Sometimes, if we really don't want fresh garlic breath, we'll leave it out entirely and enjoy the other flavors. We usually don't have sour cream on hand and make the dip with only yogurt. It's slightly thinner, but still delicious.