

## *Idiot's Kitchen Recipe – Roasted Beets*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



Ingredients:

Fresh beets, washed & trimmed  
Olive Oil  
Salt & Pepper  
Aluminum Foil  
Good Vinegar (optional – for a beet salad)

Preheat the oven to 375 degrees.

Wash the beets and trim the stems and roots down almost to the flesh of the beets.

Place the beets on a piece of foil & drizzle with a little bit of olive oil. Wrap the ends of the foil to enclose the beets in a foil packet.

Note: you can place several similarly sized beets in the same foil packet. Try to give larger beets their own packets in case they need longer cooking time.

Place the packets on a cooking tray and roast the beets in a 375° oven for 45-60 minutes. The beets are done when they pierce easily with a knife and are tender throughout.

Allow the beets to cool completely then trim away the remaining stems and roots, slip off the outer peel, and slice onto a plate.

Season with salt & pepper. For a simple beet salad, drizzle with a little good olive oil & vinegar.

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