

## How to: Roast Beets



Roasted beets are the perfect accompaniment to salads, homemade pizza or even as an appetizer with a good goat cheese. I like to roast a whole bunch of them at once, then I have them in the fridge to do whatever with throughout the week.

Preheat the oven to 350 degrees.

To start, scrub all beets (2-3 pounds) then cut in half and in half again to make wedges (don't worry about peeling now, that's easier once they have baked). In a large mixing bowl, toss beets with 1/4 cup olive oil and a generous amount of a good sea salt (I use about 1 tsp). Prepare a baking sheet by lining with a layer of aluminum foil. Spread beets in a single layer on the foil then cover with another piece of foil, sealing the edges. Bake for 1 hour, then remove top layer of foil and bake for another 30 minutes.

Enjoy!

**SOURCE:** <http://sarahmeyerwalsh.wordpress.com/2008/03/31/how-to-roast-beets/>