



Growing connections to fresh food.

Roasted Beet & Dill Salad

Contributed by Elaine, Hopelink Harvest hero

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 2 beets, sliced into 1/4 inch rounds
- 2-3 TBS fresh dill, minced
- 1 TBS fresh lemon juice
- 2 TBS extra virgin olive oil (divided)
- Salt and pepper to taste
- Use this recipe as a guide and adjust ingredients and measurements as needed. Optional ingredients could include walnuts, goat cheese, sautéed onions, or anything else you like.

Method:

1. Preheat oven to 400F.
2. Combine sliced beets with a little olive oil, salt and pepper.
3. Place on a prepared baking sheet and roast in the oven for 10-15 minutes or until fork tender (make sure to check beets often to make sure they don't burn)
4. Combine beets and dill in a bowl. Drizzle with a little more olive oil, salt and pepper.
5. Squeeze a little fresh lemon juice over the top.
6. Enjoy!



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