

## **Roasted Beets**

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 1 hour

Serves: 4

**CChints:** You can buy fresh beets in some markets but not all. When you find them, take the opportunity to roast them. You will want to wear plastic gloves when working with the beets to avoid stains on your hands.



3 beets approximately 2-1/2 inches in diameter, tops removed and scrubbed

Olive oil

2 tablespoons thyme leaves

1/2 teaspoon salt

Dash of black pepper

1 ounce goat cheese, crumbled

Preheat the oven to 400 degrees F and lay a piece of foil out on a baking sheet.

Cut off the top of the beets and give them a good scrub. Cut them in half and lay them on the foil. Drizzle with the oil and sprinkle with the thyme, salt and pepper. Fold the ends of the foil up around the beets to secure at the top.

Bake for 45 minutes to 1 hour. After 45 minutes, remove them from the oven and open the foil. Insert a knife into the center of the thickest one to see if it inserts smoothly. If it does, they are done but if it is tuff wrap back up and back for 15 minutes and test again.

When done, allow them to cool for about 5 minutes. Wearing gloves, slice into 1/4 - 1/3 inch thick pieces and sprinkle with the cheese and serve.