Beet Salad

**INGREDIENTS**

- 3 small beets
- 2-3 Tbl favorite vinaigrette dressing

**INSTRUCTIONS**

Preheat oven to 425 degrees. Scrub beets and place beets in center of a large piece of aluminum foil. If beets are extra large, cut in quarters. Wrap foil around the beets to create a sealed pouch. Place beets in oven. Small beets: 20-30 minutes. Medium beets: 30-40 minutes. Large beets: 40-50 minutes. The beets are done when they are fork tender. Remove from oven and allow to cool. Cut away ends of beets and easily remove skins by scraping with spoon. Quarter and toss in your favorite salad dressing.

**Microwave:** Peel beets and place in a microwave-safe bowl with inch of water. Cook for 2-4 minutes per beet.

**SERVING SIZE:** 2

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