

FEBRUARY: Roasted Beets with Raspberry Vinaigrette •

PREP TIME: 15 MINS COOK TIME: 40 MINS Serves 6

Ingredients:

- 12 beets
- 3 tablespoons good olive oil
- 1½ teaspoons fresh thyme leaves, minced
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons raspberry vinegar
- Juice of 1 large orange



Directions:

Preheat the oven to 400 degrees.
 Remove the tops and the roots of the beets and peel each one with a vegetable peeler.
 Cut the beets in 1½-inch chunks. (Small beets can be halved, medium ones cut in quarters, and large beets cut in eighths.)
 Place the cut beets on a baking sheet and toss with the olive oil, thyme leaves, salt, and pepper.
 Roast for 35 to 40 minutes, turning once or twice with a spatula, until the beets are tender.
 Remove from the oven and immediately toss with the vinegar and orange juice.
 Sprinkle with salt and pepper and serve warm.

***NOTES:** Kid’s learn to enjoy new vegetables by trying them several times. If your kids do not like beets, try different recipes asking that they take a “polite bite” to taste them each time. Share fun facts and the history of the vegetable from online sources to make the experience fun and interesting.

.....cut here.....



HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?
 (circle one) YES NO
2. Did your family enjoy preparing this month’s featured recipe?
 YES NO
3. Is this the first time your family members have tried this vegetable / fruit?
 YES NO
4. Did your family members learn new facts or information about this month’s fruit or vegetable?
 YES NO
5. Did your family like this month’s featured item?
 YES NO