



Unbeatable Beets

ROASTED BEET SALAD

6 medium beets, trimmed
12 cups (3 L) mixed baby greens
1 small red onion, thinly sliced

Creamy Blue Cheese Dressing,
recipe follows
1/3 cup (75 mL) toasted walnuts, chopped

Individually wrap beets tightly in foil and place in a baking dish. Bake beets at 400°F (200°C) until tender when pierced with a fork, about 1 1/4 hours. Unwrap beets and cool. Peel beets and slice into thin wedges. Arrange greens on 8 salad plates. Top with onion slices and beets. Drizzle dressing over each serving. Sprinkle with walnuts. Serve immediately. Serves 8.

Creamy Blue Cheese Dressing

1/2 cup (125 ml) mayonnaise
1 green onion, finely chopped
1 clove garlic, crushed
3 tbsp (40 mL) milk

1 tbsp (15 ml) white wine vinegar
2 tsp (10 mL) Dijon mustard
1/4 tsp (1 mL) freshly ground pepper
1/3 cup (75 mL) crumbled blue cheese

Combine all ingredients except blue cheese until blended. Stir in blue cheese. Refrigerate for up to 24 hours. If dressing becomes too thick, thin with a small amount of milk. Makes 1 1/3 cups (325 mL).

GINGER AND MARMALADE GLAZED BEETS

4 cups (1 L) diced cooked beets
2 tbsp (25 mL) butter
1/3 cup (75 mL) orange marmalade
2 tbsp (25 mL) thawed frozen
orange juice concentrate

2 tbsp (25 mL) fresh lemon juice
1 tbsp (15 mL) chopped
crystallized ginger

In a frypan, sauté beets in butter until heated through. Stir in remaining ingredients (marmalade through ginger) and cook until bubbly. Serve immediately. Serves 8 - 10.

RASPBERRY GRILLED BEETS

6 unpeeled medium beets
1 tbsp (15 mL) oil
1/4 tsp (1 mL) garlic powder
1/4 tsp (1 mL) salt

1/4 tsp (1 mL) freshly ground pepper
4 tsp (20 mL) sieved raspberry jam
1 tbsp (15 mL) raspberry or
red wine vinegar

Scrub and trim beets. Slice beets 1/2 inch (1.25 cm) thick. There should be about 4 cups (1 L) beet slices. Combine oil, garlic powder, salt and pepper in a heavy plastic bag. Add beets and toss to coat with oil mixture. Remove beets from bag. Grill beets over medium heat on natural gas barbecue, turning over occasionally, until tender, about 25 minutes. Combine raspberry jam and vinegar in a serving bowl. Add beets and toss to coat. Serves 6.

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