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**Trick No.1**

Roasting brings out the beets' sweetness, while the lemon dressing sparks up their earthy flavor.



**Beet and Carrot Salad**

PREP: 15 MIN COOK: 40 MIN

Heat oven to 425°F. Cut 3 peeled **beets** and 1 **onion** into 8 wedges. Cut 3 **carrots** into sticks. Arrange all on a foil-lined rimmed baking sheet, separating beets from the rest. Toss with 1 Tbsp **olive oil** and ½ tsp each coarse salt and pepper. Roast until tender, about 35 min, turning halfway. Let cool for 5 min. Whisk 3 Tbsp **olive oil** with juice and zest of 1 **lemon**. Add 1 Tbsp chopped fresh **thyme** (or 1 tsp dried) and a pinch each of salt and pepper. Drizzle over vegetables and toss to coat. *Makes 5 servings*

**EACH SERVING** 136 cal, 11 g fat (2 g saturated), 1 g protein, 10 g carb, 5 g sugar, 2 g fiber, 310 mg sodium, 0 mg cholesterol

# Help, I Don't Like...Beets!

These colorful veggies are loaded with antioxidants. So don't let a childhood aversion to beets keep you from enjoying them now. Cookbook author Melissa d'Arabian, whose new release is *Supermarket Healthy*, cooks up these winners.

**Trick No.2**

Just add bacon!  
It turns the beets and sweet potatoes smoky-delish.

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**LEMON-MINT YOGURT**  
(optional but wonderful)

Whisk 1 cup plain **reduced-fat Greek yogurt** with 1 tsp finely grated **lemon zest**, 2 Tbsp fresh **lemon juice**, 2 tsp finely chopped fresh **mint** (or parsley or thyme), and a pinch each of coarse salt and pepper.



**Roasted Beet and Sweet Potato Hash**

PREP: 20 MIN COOK: 55 MIN

Heat oven to 400°F. Cut 2 large peeled **beets** and 1 **sweet potato** into ¾-inch dice. Toss with 1 Tbsp **olive oil** and ½ tsp each coarse salt and pepper. Roast on a parchment-lined baking sheet, stirring every 10 min, until golden, 25 to 30 min. Meanwhile, cut 1 **strip bacon** into small pieces and dice 1 **small onion**. Cook bacon in a skillet over medium-low heat until crisp. Add onion, cooking it in bacon fat until it starts to caramelize, about 10 min. Stir in roasted beets and potatoes, and cook 5 min more. Dollop with lemon-mint yogurt (left). *Makes 5 servings*

**EACH SERVING** 121 cal, 6 g fat (2 g saturated), 6 g protein, 12 g carb, 7 g sugar, 2 g fiber, 299 mg sodium, 7 mg cholesterol