



## Roasted Beets with Yogurt & Mint Sauce

### **Serves six**

4 to 5 medium beets – tops cut off and scrubbed

5 garlic cloves – unpeeled

1 TBS olive oil

1/2 cup plain yogurt

1 TBS fresh lemon juice

1 TBS finely chopped mint leaves

A dash of ground cumin

Salt & pepper

Heat your oven to 400°F (200°C).

Scrub the beets and dry them. Cut off their tops and place them in an oven proof dish cut side down. Scatter the garlic cloves between the beets.

Drizzle the beets and the garlic with some olive oil and salt and seal the pan with aluminum foil. Place it in the oven and roast the beets for 40 to 45 minutes – or until you can easily pierce them with a knife.

Remove the beets from the oven and allow them to cool down completely. Remove the garlic cloves into a small plate. Once the beets have cooled down grab them with a paper towel and slip off the skins. Slice them into rounds.

Slide the garlic out of its peel and mash it with a fork. Sprinkle a little salt on it and mix it in. Place the mashed garlic into a bowl and add the yogurt, lemon juice, cumin and salt and pepper. Mix well.

Arrange your beet slices on a platter and drizzle them with the yogurt and mint dressing. Serve and enjoy.

CALORIES 68.58; FAT 2.80 g (sat 0.53; Mono 1.74; poly 0.28); PROTEIN 2.79 g; FIBER 1.67 g; CARBS 8.77 g; CHOLESTEROL 1.22 mg; IRON 2.13 mg; Sodium 253.78 mg; CALCIUM 87.48 mg