

Beets Baked in Foil

Makes 4 servings

4 large or 8 medium beets, about 1 ½ to 2 pounds
with about 1 inch of their tops still on

Preheat the oven to 400F. Wash the beets well. Wrap them individually in foil and place them on a baking sheet or roasting pan.

Cook, undisturbed, for 45 minutes to 1 ½ hours, until a thin-bladed knife pierces one with little resistance (they may cook at different rates; remove each one when it is done).

If you want to serve them right away, peel, then serve hot with butter, any vinaigrette or freshly squeezed lemon juice. Or remove, cool and refrigerate until ready to peel and use.