

Easy Red, White and Blue Root Vegetables

Makes 6 Servings



Ingredients

- 1 medium - large purple sweet potato
- 1 medium - large white sweet potato (or orange if you prefer)
- 5 – 6 small - medium fresh beets
- Heavy duty aluminum foil - cut into three 12 X 14 inch rectangles

Directions



- Trim the greens and root tips from the beets so they look like this.



- Scrub all vegetables thoroughly with a firm vegetable brush to remove all dirt and debris (these vegetables grow underground, hence the name root vegetables, so they are very dirty) and pat dry with paper towels.
- Place each sweet potato and beets on foil rectangles.



- For each rectangle, fold up diagonal corners to meet in the middle. Fold down and crimp sides to form a pouch. Place pouches on a baking sheet.



- Bake in 400° oven for 60 – 80 minutes until potatoes are tender when squeezed. The beets will remain firm when cooked.
- Remove skin from beets by grabbing one end of the beet and squeezing gently. Skin should easily pull off. Potatoes can be served with or without the skin.
- Portion each vegetable into 6 servings cutting them into cubes.

- **Serving suggestion #1:**
Spread with either a pat of butter or a small drizzle of extra virgin olive oil. Add salt and pepper to taste.
- **Serving suggestion #2:**
Top the beets and sweet potatoes with a little crumbled feta or goat cheese and chopped walnuts.

Serve as the starch portion of your meal with a lean protein and two vegetables to create a Volumetric/Strategic plate.