

What's Cookin': Give veggies another try— you might like them

Everywhere you go, people are talking about eating healthier. I talk about it myself all the time. I've even been known to talk

about it with my mouth full of potato chips or chocolate (now there's an oxymoron for you)! Not that I want to stand on

my soap box (because I'm right there with you, needing to make changes in my own diet), but I can tell you that you can't possi-

bly eat healthier without eating vegetables.

I can understand that if you were brought up being served boiled broccoli, boiled brussel sprouts and boiled green beans, why you may not find those particular dishes appealing.

But there is such a wide world of veggies and so many things you can do with them! Take the humble beet featured in our recipe today. First of all, they come in a variety of colours— some of you may not know that red is not the only colour of beet out there! Yellow and orange are pretty easy to find and there is probably more colours than that.

You can boil them, roast them, eat them hot with a sprinkle of vinegar, shred them and eat them raw and cold in your salad, boil and slice them to make



a cold beet salad, pair them with goat cheese and a shallot dressing for a real stunner!

Pickled beets are a favorite of mine and there is nothing better than a chicken shwarma dinner with the little bits of pickled beet that they put on the platter! And that is just the poor little beet.

So, if you think you don't like veggies, try looking at a cookbook and try a new way of cooking them. You think you don't like brussel sprouts— well try cutting them in half and frying them with bacon and then tell me you don't like them— I won't believe you! Have fun and keep cooking!

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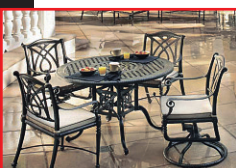
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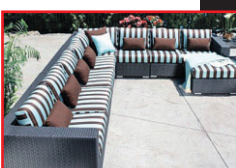


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Roasted Beet Salad

Serves 4-8

Ingredients

- 4 large red beets
- 4 tsp olive oil
- 1 large shallot, slivered
- 1/2 tsp Dijon mustard
- 1 tbsp red wine vinegar
- 1/4 tsp coarse salt
- freshly ground black pepper

Method

1. Wrap each beet separately in foil. Drizzle with 1 tsp oil before sealing. Roast in 375 degree



2. Meanwhile prepare the dressing. Blend all remaining ingredients and set aside.
3. Let beets cool enough to handle, then slide skins off and cut each into 8 wedges. Add dressing and stir to coat.
4. Serve at room temperature for most flavour.

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