



YUMMY BEETS

SUBMITTED BY: GRACE DECKER

Ingredients:

Beets (4-6 small, or 2 - 3 large) (red are best, golden are also fine)

Flour (a handful or two)

Salt and pepper

Rosemary (fresh or dried)

Oil or butter

Greek yogurt or sour cream if desired

Instructions:

Peel and grate the beets. Place beets in a strainer or colander to drain, for about 15 minutes. You can press lightly with paper towels or a dishcloth to help squeeze out some of the moisture.

In a large bowl, toss the beets with a couple handfuls of flour. The beets should be very lightly coated. Then toss with rosemary, salt and pepper.

Heat oil or butter on a heavy skillet or griddle. Cast-iron is great. When the oil is hot, dump the beet mixture onto it, and press out with your hands to cover the surface in an even layer. You're basically making a big beet hash brown.

Let the beets cook until you can easily lift up the bottom with a spatula. Flip the hash brown over and cook the other side. It's fine if you have to cut it into pieces and flip each one.

Serve hot and crispy, and top with a dollop of greek yogurt or sour cream if desired.