

Beets with Mint and Yogurt

From – *Madhur Jaffrey's World Vegetarian*

2 medium beets
2 cups plain yogurt
 $\frac{3}{4}$ to 1 tsp salt
ground black pepper
 $\frac{1}{8}$ to $\frac{1}{4}$ tsp cayenne (optional)
2 $\frac{1}{2}$ Tbsp finely chopped fresh mint
1 Tbsp olive oil
3 small garlic cloves, peeled

- Cover the beets well with water and boil until tender, about 40 minutes. Drain. Peel and grate coarsely.
- Put the yogurt in a bowl and beat it lightly with a fork or whisk until it is smooth and creamy
- Mix in the salt,pepper to taste, and cayenne.
- Add the mint and beet. Mix gently.
- Put the oil and garlic in a small frying pan and set over medium-high heat. The garlic will eventually begin to sizzle. Press down on the garlic with a spatula and let it sizzle some more, turning the pieces once or twice, until they turn a medium brown.
- Pour oil and garlic into the bowl with the yogurt and mix.



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