

Beet Greens Chips

Serves 4

INGREDIENTS

1-2 bunches of beet greens

1-2 T. olive oil (about 1 T. per bunch)

Sea salt to taste

DIRECTIONS

Preheat oven to 240°F.

Trim beet greens from their stems and tear into smaller pieces to whatever your desired size.

Wash the greens if necessary.

Place greens into large salad bowl.

Drizzle olive oil over the greens and toss.

Lay the greens out on a large baking sheet and lightly salt.

Bake for about 25-35 minutes for desired crispiness.

Sweet Potato and Beet Fries

Serves 4

INGREDIENTS

1 t. pink peppercorns, crushed

2 T. olive oil, divided

½ t. green peppercorns, crushed

½ t. sea salt, divided

½ t. coarsely ground pepper

2 large fresh beets
(about 1 pound)

1 large sweet potato (about 1 pound)

DIRECTIONS

Peel and cut sweet potato in half widthwise; cut each half into ½-inch strips. Place in a small bowl. Add 1 T. oil, ¼ t. salt and 1/8 t. pepper; toss to coat. Spread onto a parchment paper-lined baking sheet.

Peel and cut beets in half; cut into ½-inch strips. Transfer to the same bowl; add the remaining oil, salt and pepper. Toss to coat. Spread onto another parchment paper-lined baking sheet.

Bake vegetables, uncovered, at 425°F for 20-30 minutes or until tender, turning once.

Beet Greens Chips
and
Sweet Potato and Beet Fries

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