



Buying Beets
Look for beets that are firm and smooth with bright, fresh-looking greens attached.

Skillet-Roasted Vegetables

PREP 20 minutes **COOK** 22 minutes

- 8 oz. assorted baby beets
- 8 oz. tiny new potatoes and/or small fingerling potatoes, quartered
- 1 small sweet potato, peeled and cut into thin wedges
- 2 to 3 Tbsp. peanut oil
- 1 cup sugar snap pea pods or snow pea pods, trimmed if desired
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. freshly ground black pepper
- $\frac{1}{4}$ cup snipped fresh cilantro or Italian (flat-leaf) parsley
- 2 Tbsp. lemon juice
- Lemon wedges

1. Cut tops off beets and trim root ends; reserve $\frac{1}{2}$ cup of the tops. Halve beets.
 2. In a covered 12-inch skillet cook beets, quartered potatoes, and sweet potato wedges in hot oil over medium heat for 10 minutes, turning occasionally. Cook, uncovered, for 10 to 15 minutes more or until vegetables are tender and browned on all sides, turning occasionally. Add pea pods; sprinkle with salt and pepper. Cook, covered, for 2 to 3 minutes more or until pea pods are crisp-tender.
 3. Add the reserved $\frac{1}{2}$ cup beet greens, the cilantro, and lemon juice to vegetables; toss gently to coat. Serve with lemon wedges. **Makes 6 servings.**

PER SERVING 116 cal., 5 g fat (1 g sat. fat), 146 mg sodium, 17 g carb., 3 g fiber, 2 g pro.

