



# Recipes

## Beetroot

Beetroots are in season here in the UK from Summer to Autumn time, and add lots of colour and taste to many dishes, savoury and sweet!! Here are some example dishes to use up your beetroots.

1. Beetroot hummus. You can make this easily with one tin of drained chickpeas, 2 medium beetroot (cooked), 2 cloves peeled garlic, the juice of half a squeezed lemon, some ground pepper and 1-2 spoons of natural yoghurt. Just blend the ingredients together for a quick and colourful homemade hummus.
2. Beetroot soup. A lovely tasty red soup. This would be a great soup for Halloween too!! Lovely with the addition of apple too.
3. Roasted beetroot. Wash the beetroot and remove the leaves, leaving a bit of stalk. Roast whole in a tray in a hot oven with a little oil for around 40 minutes. Then rub off the skin and slice – easy roasted beetroot. A lovely addition to any meal.
4. Risottos: Beetroot risotto is both tasty and colourful.
5. Add as a sandwich filling/wrap filling – cheese and beetroot works well.
6. Pickle it. In Manchester, Lancashire Hotpot is often served with a side of pickled beetroot.
7. Add to salads – a colourful vegetable to add to a salad. You can also make a tasty coleslaw with beetroot.
8. You don't always need to use them in savoury dishes – you can add them to sweet dishes too, for example cakes and biscuits. Beetroot brownies are quite popular as well as being delicious!