

K's Kitchen: Carrots and beets for one

By Kathryn Reed

One of the great things about cooking for myself is not having to share. Selfish, yes – but honest.

With this particular dish it makes enough for two sides. I ate all of it for lunch. That's why I was glad no else was around. I just wish I had more for another day.

The butter makes it taste a bit unhealthy. Go easy when adding the salt if you are using salted butter.

It would be a great complement to many proteins.

This is a pretty dish with the red and orange, then specks of green. It's also a fast dish to assemble.



Buttered Beet and Carrot Sauté

2 medium beets

1 large carrot

1 T butter

2 T flat leaf parsley

Kosher salt

Pepper

Wrap beets in parchment paper and microwave for about 10 minutes until tender. Let stand for 5 minutes and then peel skin off.

Melt butter over medium in skillet. Add ribbons of carrot. Cook until tender; add parsley, salt and pepper. Then stir in chopped beets. Serve warm.