

Borscht

- 6 medium cooked red or gold beets
- 4 cups water
- juice of 1 fresh lemon
- zest of 1 lemon
- 4 T. finely chopped fresh dill
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 T. finely chopped chives
- 1 cup plain Greek yogurt (Fage 2% is good)
- 1 cup low fat sour cream

Preheat the oven to 400 degrees. Wash the beets thoroughly, remove the leaves and stems and wrap separately in aluminum foil. Roast on a baking sheet for 1 hour. Let them cool, unwrap and put the beets in a blender or food processor with the water. Add the lemon juice, zest, dill salt, pepper and chives. Purée until smooth, add the sour cream and yogurt and blend some more. At this point it can be put in the refrigerator and chilled until it is very cold. Garnish with a little of the fresh dill. It keeps very well for a few days.