



Polish Creamy Dill Cucumber Salad With Roasted Beets

Roasted Red Beets:

2 medium sized red beets, washed, stems and roots removed

1 Tablespoon olive oil

On a large piece of aluminum foil, place the whole beets; drizzle each beet with about 1 teaspoon olive oil; fold up foil sides around the beets; place on baking pan; bake in 400 degree oven for about 60 minutes or until beets are tender when pierced with a fork. Remove from oven; set aside until can be handled; remove and discard stem end and outer skin; cut beets in half; cut into slices to serve with cucumber salad. Set aside.

Creamy Cucumber Salad:

1 large cucumber, wash, peel; thinly slice

1/2 sweet onion, peel, thinly sliced

1/4 to 1/2 cup sour cream

1 Tablespoon lemon juice

1 teaspoon salt

1/4 teaspoon black pepper

1 Tablespoon chopped fresh dill

For Serving: As desired: fresh beet leaves; chopped fresh dill

In a large bowl, combine cucumbers with salt; set aside for about 25 minutes to remove any bitter juices; rinse with cold water; drain thoroughly.

Place cucumbers in large bowl; add onions. Slowly stir in sour cream, using only enough to coat cucumbers. Stir in lemon juice. Season to taste with salt, black pepper, and fresh dill. Chill in refrigerator for about 25 minutes.

To Serve: Place large beet leaves to line serving bowl. Spoon cucumber salad into bowl; place roasted beet slices around the edges of salad bowl; sprinkle with chopped dill or chopped green onions as desired.

Cook's Note:

*The recipe can be made and served without the roasted beets.

*The amount of sour cream will depend on how many cucumber slices you have and the type of sour cream used. Some brands of sour cream are very thin while others are thick. Add the sour cream slowly until desired consistency.

*The Polish cooks in our neighborhood always salt sprinkled the cucumbers to remove any bitter flavor.

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About the Recipe: Don't be surprised if the kids try to sample the chilled cucumbers from the bowl before dinner. It's that kind of salad. It is so refreshing and perfect to serve with a grilled sausage supper.