



Red Beet Pastry Sticks with Creamy Cucumber Dip

2 bunches beet stems, cleaned, trimmed
1 puff pastry sheet
Salt and ground black pepper as desired
Grated parmesan cheese as desired

Creamy Cucumber Dip

1/2 cup plain yogurt
1/4 cup minced seedless cucumber
1 Tablespoon minced fresh basil
1 teaspoon lemon juice
1/4 teaspoon garlic powder
2 Tablespoons minced green onion

Preheat oven to 375 degrees F. Line two insulated cookie sheets with non-stick silicone baking mats or grease pans. Set aside.

Wash beets; remove beet roots and leaves from beet stems; save roots and leaves for another recipe. Trim beet stems to size of pastry sheet; pat beet stems dry with paper towels.

Cut puff pastry into 1/4 inch strips. Wrap twisting 1 pastry strip around each beet stem. Sprinkle each wrapped stick with salt, black pepper, and grated parmesan cheese. Arrange on prepared cookie sheets. Bake in preheated 375 degree F. oven for 15 to 18 minutes or until golden brown.

Meanwhile prepare dip: In a small bowl, stir all dip ingredients together until well combined.

Serve warm puff pastry sticks with dip as an appetizer or side dish.

Yield: Serves: 10

Inspired by: The Forest Feast by Erin Gleeson

Cook's Note: The amount will vary depending on how many beet stems you have. Make sure to remove all the leaves from the stems. If you don't have any beet stems, try wrapping up some asparagus with the pastry.

About the Recipe: Can you just imagine how surprised your guests will be to find out that beet stems can become a delicious appetizer? They taste like a crunchy parmesan pastry straw. The red stem doesn't taste like a beet but does have that dark red color. They pair well with the cool onion flavored cucumber dip. Have fun with this recipe!