

## Carrots and Beets with Yogurt

1 cup grated beets, washed but not peeled  
1 ½ cups grated carrots, washed but not peeled  
Olive Oil  
1 cup of Greek yogurt  
Juice of ½ lemon  
1 tbsp tahini or peanut butter  
Herbs (optional)  
1 tsp of salt, or to taste



I love yogurt. But I must confess, I'm not a sweet yogurt kind of girl. Serve me a fruit and granola yogurt parfait, and I might tell you that I'm not hungry. But savory yogurt, well now that's a different story. Give me a bowl of raita with a spoon, and I'm a happy person. It's not uncommon for me to have garlic- and dill- spiked yogurt for breakfast. So, imagine my joy when I was introduced to this Turkish yogurt dip, full of veggies and savory freshness. The original recipe calls for just carrots, but I see no reason not to include beets, too. Traditionally, this is part of a meze, that is, appetizers or "happy hour" as we'd tend to think of it in this country. Enjoy it with pita bread or pita chips, pretzels, a spoon, whatever your preferred method of transfer from plate to mouth is. Knowing me, I'll be having some for breakfast, with a fried egg on top.

A note on the tahini: if you don't have, don't like, or are allergic to (as my mother is) sesame, you can substitute the tahini for peanut butter. But it's imperative that you use a natural or no sugar added peanut butter. And I'd recommend creamy, as the number of peanut chunks wouldn't really be enough to be anything but odd in this dip.

Mix the yogurt, lemon juice, and tahini together until smooth. Some herbs here are nice, if you have them. Dried oregano is a personal favorite. Dill would be lovely. Or, just let the flavor of the veggies come through. In a large pan, add a generous amount of olive oil (several tablespoons worth). Add your beets and let them hang out in the oil until they've started to brown a bit on the bottom. Then, add the hot beets to the seasoned yogurt. Mix thoroughly. Cook the carrots in the same way as the beets and add the carrots to the yogurt while hot. Mix it up and give it a taste. You will probably need some salt. I added about a teaspoon, but you could need more or less depending on your taste. Let it chill in the fridge for a few hours. Don't be surprised if there is more liquid when it comes out than when it went in. This is normal. Stir before serving and serve chilled or room temperature.