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Roasted Beets with Orange Sauce

- 1 1/2 Lb small beets, leaves trimmed, peeled and cut into four chunks
- 1 Tsp olive oil
- 1 Orange, rinsed (for peel and juice)
- 1/2 Tsp anise seeds (optional)

- 1) Preheat oven to 450 °F. Cover a baking sheet with aluminum foil for easy cleanup.
- 2) In a medium bowl, toss the beets with the olive oil until well coated.
- 3) Spread beets on baking sheet in a single layer.
- 4) Bake 30–40 minutes. When done, beets should be easily pierced with a sharp knife.
- 5) While beets bake, grate the zest from the orange. Place in a small bowl. Cut the orange in half. Squeeze the juice (about ½ cup) into the bowl with the orange zest. (Use a large spoon to press the inside of the orange to extract more juice.) Add anise seeds (optional). Set aside.
- 6) When the beets are tender, return them to the tossing bowl. Pour the juice mixture over the beets. Mix well to coat, and serve.

Makes 4 Servings