



“But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” 2 Corinthians 4:7-9

Welcome to my kitchen filled with aroma and taste, but most of all God’s love and grace! On the menu:
Roasted Golden Beets with Lemon & Mint Cream

I have never liked beets. The taste has never appealed to me and I have made a point to not cook with them, and certainly not eat them, until a few years ago when my niece Katy brought roasted vegetables for a Thanksgiving dinner that is. I love roasted vegetables and I was excited for her to bring hers.

Katy brought a beautiful roasting pan full of delicious veggies of all kinds. It looked absolutely wonderful. As we enjoyed a delicious feast around the table with our family I commented on how tasty Katy’s veggies were. I dug my fork into a scrumptious golden root vegetable and lifted it in the air and asked her; “What is this? I am not familiar with it.” She responded with her bubbly personality, “Those are golden yellow beets.” Needless to say I was shocked...because I am suppose to hate beets!

Beets are most commonly a dark red color, however they also come in other hues ranging from white to yellow to a candy cane red-and-white variety known as Chioggia. Not only are they colorful and full of flavor, they are rich in antioxidants, folic acid, potassium and fiber. They also contain unique antioxidants called betalains, which are currently being studied as a potential weapon in the fight against cancer. Betalains give beets their red hue. Beets are considered a superfood because of their many healthy benefits ranging from helping fight heart disease to fighting against cancer.

I’m excited about this recipe. In getting ready for my big ‘beet’ transitioning I asked Jeff; “What do you get when you cross a beet with a pronoun?”

He said; “Beets me?”



This past year has left a lot of people feeling pretty beat up. Most people are struggling with a mild case of the “COVID Blues.” Winter months are sometimes difficult enough to get through without feeling a little depressed. But there is actually proof that the pandemic may be causing our “winter blues” to be extra hard this winter.

Some people love the cold weather months. They eagerly bundle up for a brisk walk; They hit the ski slopes; They huddle by a window to watch the snowflakes float to the ground. I have always been okay with winter. I enjoy the snuggling up by the fire and watching the snow fall from the sky. I enjoy being ‘trapped’ at home with those that I love. But for other people, this is a dreary time of year filled with feelings of loneliness and melancholy known as the winter blues and they can leave you feeling pretty beat up! And I have to admit, that while I don’t mind winter, this year has been pretty bleak for me too!

It’s understandable that we have grown increasingly anxious as we have seen this global pandemic upset our lives within a very short time. But I want to give some encouragement here. We must not only remember that God is ultimately in control, but we must proclaim it! **2 Corinthians 4:7-9** says: ***“But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.”***

The concept of God having control over everything is called the “Sovereignty of God”. Nothing gives us strength and confidence like an understanding of the dominion of God in our lives. No one else has the ability to be sovereign except for God: ***“...He who is the blessed and only Sovereign, the King of kings and Lord of lords.” 1 Timothy 6:15***

The only way to trust in God’s sovereignty is to know Him. And we get to know God through His Holy Word. If we meditate deeply on God’s Word and let it fill our minds and hearts, His sovereignty will become clear to us. We will find ourselves having peace in knowing that we can completely trust that God, who controls all things, will use these circumstances for His perfect purpose.

We may still struggle with the ‘COVID Blues’, but we will also trust that with God’s strength we can ‘beet’ all things!

In His Grace, Lynda



Lynda's Recipe for Roasted Golden Beets with Lemon and Mint Cream Sauce

Ingredients: Serves 4

5 ounces plain Greek yogurt
2 tablespoons fresh mint, finely chopped
1/2 large lemon, juiced
1/2 tablespoon lemon zest
4 medium to large golden beets
2 tablespoons olive oil, plus
Salt and pepper, to taste



Instructions: Preheat Oven to 375°

Start by preparing your lemon mint sauce. First finely chop your mint, if you have a food processor use it to mince the mint. If you are using a food processor add yogurt, lemon and zest until combined. If using a bowl, whisk until fully incorporated and creamy. While it isn't necessary, it is best to refrigerate for a few hours so that flavors can meld together.

Place cleaned and trimmed beets in foil, drizzle with olive oil and place on a baking sheet. Roast covered in foil turning beets half way for about 1-1.5 hours depending on beet size.

Beets are done when they are pierced with a fork or knife at the top and are tender.

Allow beets to cool to the touch after removing from oven, then peel.

Slice each beet into 1/4 inch slices. Drizzle with a bit of olive oil then sprinkle on salt and pepper. Serve lemon mint cream on the side, or thin a bit with oil and lemon and drizzle over the beets for a dressing. Perfect!

Bon Appetit, Lynda