

## Cool Late Summer Borscht

Clayton Schmitt, e-mail message to Michael Miller

Yield: 8 Servings

3 lb. beets (about 12 medium)  
4 cups apple juice  
4 cups water  
6 tbsp. lemon juice  
pinch of salt  
2 cups nonfat plain yogurt  
1/2 cup nonfat plain yogurt for garnish  
6 large red radishes, diced, for garnish  
1/2 cup seedless cucumber, diced, for garnish

Preheat oven to 350 degrees F. Wash beets well; trim stems and roots, leaving one inch of each. Wrap beets individually in aluminum foil and place on baking sheet. Bake for 1 1/2 hours or until tender. Remove from oven and allow to cool slightly. Remove skins. Coarsely grate the beets. Place beets in a heavy pot. Add the apple juice, water, lemon juice and salt. Bring to a boil, reduce heat to a simmer and cook soup for 15 minutes, partially covered, skimming foam that rises to top. Remove from heat and cool to room temperature. Place 2 cups yogurt in a bowl and whisk in about 3 cups of the soup. Gradually whisk this mixture back into the soup pot until thoroughly combined. Chill completely in the refrigerator. Serve the borscht in bowls garnished with a dollop of yogurt, then sprinkle with the diced radishes and cucumbers.

*Recipe from Sheila Lukins. Typed for you by Diane Newbury.*