

What's Fresh:

Beets



They're naturally good!

- ◆ Good source of iron, vitamin C & B6
- ◆ Provides protein and dietary fiber
- ◆ Rich in antioxidants
- ◆ 1 cup = 1 serving of veggies

Storage Tips:

Do not wash until ready to eat.

To keep beets fresh, refrigerate in a plastic bag.

Use within 2-3 weeks.

Don't throw away the greens!

Beets greens can be steamed, sautéed or added to soups, stews & stir-fries! They can also be eaten raw in salads or smoothies.

Preparation Tips:

- ◆ If leaves are attached to the root, cut them away but leave 2 inches of stems attached to the root.
- ◆ Wash beets before using: scrub the beet roots to remove any dirt. Submerge the leaves in cold water, then rinse and dry them.
- ◆ Beets are cooked when you can just pierce them with a fork.

Ways to eat beets: Raw or Cooked!

- ◆ **Use them in a salad.** Use the beet greens as you would other salad greens. Top salads with shredded, roasted or pickled beets.
- ◆ **Shred them.** Shred raw beets and use in salads, wraps and coleslaws.
- ◆ **Sauté the greens.** Heat 2 Tablespoons of oil in a pan over medium heat. Add chopped leaves and stems and cook 5-8 minutes, until crisp but tender. Season with salt & pepper. *For extra flavor, add a clove of minced garlic (or 1/2 teaspoon garlic powder) and a dash of lemon juice or vinegar.*



- ◆ **Roast them whole (for chilled beets).** Preheat oven to 375°F. Rub beet skins with a bit of oil and wrap them in foil. Bake for 45-60 minutes, or until fork tender. Set aside to cool. peel the skins off cooled beets; chop them into cubes to use in salads or eat them on their own.
- ◆ **Roast them in chunks (to eat warm).** Preheat oven to 375°F. Peel beets. Chop them into 1-inch cubes and toss with oil, salt and pepper. Add garlic, spices, and fresh or dried herbs if desired. Bake, turning halfway through, until fork tender, about 30-45 minutes.

See more recipes on the back →



Make it a meal!

RECIPES

Roasted Beet Salad

Ingredients:

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| 1 cup whole grains (such as barley, brown rice, whole grain cous cous, or quinoa) | 1 clove garlic, minced |
| 1 bunch (about 4 cups) leafy greens (such as beet greens, kale, or collard greens, spinach or arugula) | 1/4 cup canola or olive oil |
| 3 medium beets | 2 Tablespoons vinegar (such as red wine or cider) |
| 2 Tablespoons finely chopped onion | 1 Tablespoon honey |
| | 1 teaspoon Dijon mustard |
| | 1/4 teaspoon each of salt and pepper |
- Optional ingredients:*
- 1/2 cup nuts or seeds (such as walnuts, pecans, or slivered almonds)
 - 1/2 cup crumbled or shredded cheese (such as feta, blue, goat or mozzarella)

Directions:

1. Roast beets whole or in chunks according to instructions on the front of this sheet under "Preparation ideas."
2. Cook grains following package instructions. Transfer to a bowl and cool while you prepare the salad.
3. If beets have crisp greens attached, use them! Rinse and remove any thick and tough stems from the greens. For beet greens, kale and collards: stack leaves together, roll into a thick log, and slice thinly. If using spinach or arugula, chop into bite-size pieces. Place greens in a large bowl. Mix in finely chopped onion.
4. To prepare dressing, whisk together oil, vinegar, garlic, honey, mustard, salt and pepper.
5. When grains and beets are cooled, combine them with the greens. Drizzle with dressing and toss to combine. Sprinkle with nuts and cheese, if using.

Beet-and-Carrot Slaw Wraps

Ingredients:

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| 2 Tablespoons orange juice | 5 raw beets (about 2 cups grated), with greens attached |
| 1 Tablespoon oil | 2 carrots |
| 1 teaspoon vinegar (such as red wine or apple cider) | 2 apples, cored and sliced into matchsticks |
| 1/2 teaspoon Dijon mustard | 5 slices low-fat cheddar cheese |
| 1/4 teaspoon salt | 5 (8-inch) whole-wheat tortillas |
| 1/4 teaspoon pepper | |

Directions:

1. To make the dressing: Whisk together orange juice, oil, vinegar, mustard, salt, and pepper in a large bowl.
2. Cut the greens off the beets and pull the leaves from the stems (discard or compost the stems). Wash the leaves, then stack them and roll them. Slice the roll crosswise into thin (1/4 inch) ribbons.
3. Peel the beets and the carrots and shred them using a box grater.
4. Put the beet leaves and the shredded beets and carrots in the bowl with the dressing. Toss to combine.
5. For each wrap, put 1/5 of the slaw, 1/5 of the sliced apples, and 1 slice of cheddar cheese inside a tortilla. Roll the tortilla from the bottom up, tucking in the sides as you go. Secure the wrap with a toothpick, if you like.

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