

BEETS



TRY THIS

- Add roasted beets to salads and grain dishes.
- Modify hummus recipes with half roasted beets and half garbanzo beans.
- Make a smoothie with roasted beets, fresh apples, and 100% orange or apple juice.
- Sauté beet greens with chopped garlic, lemon juice, and olive oil.

BUYING AND STORING

- Select beets that are firm, relatively smooth, and free of nicks and cracks.
- When choosing bunched beets, the greens should be fresh and free from decay.
- Store fresh or cooked beets in a plastic bag or airtight container.
- Fresh beets will keep in the refrigerator for up to two weeks, cooked beets up to one week, and frozen cooked beets up to six months.
- Wash all fresh fruits and vegetables before using.

OVEN ROASTED BEETS

Time: 45–60 minutes | Makes: 4 servings | Serving Size: ½ cup

Nutrition Information Per Serving: Calories 101, Carbohydrate 16g, Dietary Fiber 5g, Protein 3g, Total Fat 4g, Saturated Fat 1g, Cholesterol 0mg, Sodium 202mg


INGREDIENTS

6–8 small to medium whole beets,
washed and scrubbed well
1 tablespoon olive oil or vegetable oil

⅓ teaspoon kosher salt
⅓ teaspoon black pepper
¼ cup water

INSTRUCTIONS

1. Preheat oven to 400 F.
2. Remove greens and trim top, cook small beets whole, or cut larger beets in halves or quarters (peeling optional).
3. Place beets in a casserole dish, drizzle with oil, sprinkle with salt and pepper, mix to coat. Add water, cover with foil.
4. Roast in oven for 15 minutes, then remove from oven and carefully remove foil.
5. Return to oven and continue roasting uncovered for an additional 20–25 minutes. Beets are done when pierced easily with a fork.
6. Remove from oven and let cool slightly.
 - a. If cooking whole, rub off skins with paper towels to peel; discard skins (optional).
 - b. If using cold, refrigerate for at least two hours before serving.
7. Slice, if preferred, and serve.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Add 1 teaspoon orange or lemon zest and 1 teaspoon fresh thyme, chopped.
- Sprinkle with feta cheese.
- Add citrus dressing. Combine 1 ½ tablespoons oil, 2 teaspoons vinegar, and zest from ½ lemon or orange. Drizzle over cooled cooked beets and serve.