

Beets




Selection - Choose crisp and firm beets that are smooth without any cuts or soft spots.

Storage - Store in refrigerator with roots still connected. Remove leaves before refrigerating. Leaves can be washed and eaten (stays fresh for 1-2 weeks).

Nutrition - Folate, a B vitamin, in beets supports healthy growth/ development especially during pregnancy.

3 EASY WAYS TO USE BEETS

- To boil beets, add to boiling water for 45-60 minutes, until soft. Peel off skin under cool water and slice beets. Add to salad or eat as a side dish.
 - To roast beets, scrub away dirt and trim the tops and bottoms. Place beets on aluminum foil, add olive oil and pepper, and wrap the beets. Roast at 375 degrees for about 1 hour. When cool enough to handle, the skins will peel right off. Dice beets and place back in the oven if not yet soft.
 - To make a salad, add shredded raw beets and carrots in a bowl with oil, vinegar, mustard, salt and pepper to taste. Toss in fresh herbs such as parsley, dill and rosemary for added flavor.
- 

Ingredients

Dressing:

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon Dijon mustard
- ☐ 1/2 teaspoon sugar
- ☐ 1/4 cup olive oil

Salad:

- ☐ 2 3/4 cups roasted beets, diced
- ☐ 1 (14.5 ounce) can white beans (cannellini), rinsed and drained
- ☐ 4 cups salad greens
- ☐ Optional toppings: Cheese (shredded cheddar, blue cheese or feta) or chopped nuts (walnuts or almonds)

Directions

1. Make dressing: Combine cider vinegar, Dijon mustard and sugar in bowl. Slowly add oil. Season with salt and pepper.
2. Combine beans and beets with salad dressing.
3. Place beet mixture on top of salad greens. Sprinkle with nuts and cheese.

