

Let's Talk Beets

NCC Health & Wellness

Common Varieties: Red and golden beets.

Select: Unblemished, smooth skin beet root bulbs.

Store: Unwashed in a plastic bag with the leaves removed in the refrigerator for up to 3 weeks.

Nutrition: Excellent source of folate. Good source of fiber.

IMPORTANT NOTE: Beets can stain. Try not to get in contact with fabric or plastic.



Food Safety Tips

- 1.) **Clean:** Make sure you use hot, soapy water to clean your hands, utensils and all items that touch food prior to starting. Wash fruits and veggies before prep, but not meat, poultry or eggs!
- 2.) **Chill:** Keep cold foods cold. Refrigerate cut produce ASAP and store between 32 to 40 degrees F. Frozen foods should be keep below 32 degrees F.
- 3.) **Separate:** Keep raw meat, poultry and seafood away from ready to eat foods. Watch those cutting boards!
- 4.) **Cook:** Be sure to check internal cooking temperatures of food.

For more tips go to: www.foodsafety.gov

Five Easy Ways to Prepare:

(see recipes below for more details)

- 1.) Beet Borscht
- 2.) Peel, grate, sauté and eat
- 3.) Peel, boil and grate to add to cooked cabbage
- 4.) Roast, peel, dice and add pineapple & walnuts as a delicious side dish.
- 5.) Roast, peel and slice to add to salad

Beets have a flavor that some people instantly love, with a natural earthiness. Add a little at a time to nurture your love for this naturally sweet vegetable. It was even used as food for the gods by the Ancient Greeks!

Sautéed Grated Beets

Serves 4

4-5 med (2.5") beets

3 T olive oil

1 T fresh lemon juice

1 T feta cheese (or other soft crumbly cheese) (optional)

1 T walnuts, chopped (optional)

1 tsp salt, to taste

½ tsp pepper, to taste

- 1.) Peel, then grate beets using hand grater or food processor.
- 2.) Heat oil in skillet to medium heat. Add beets, stirring to coat. Add juice, continue stirring to make sure it does not stick on bottom of pan. When tender, after about 8 minutes, take off heat.
- 3.) If desired, add cheese, walnuts, salt and pepper.

Beet Borscht

Serves 4

4 large (3" diameter) beets, peeled and trimmed
4 c water (or veg/chicken broth)
2 med russet potatoes, peeled and small diced (optional)
2 T lemon juice, to taste
2 T dill, freshly minced (or up to 3 T dried)
1 tsp salt, to taste
½ tsp pepper, to taste
Yogurt or sour cream to garnish.

- 1.) Bring beets to a boil in water or broth. Boil until fork tender (apx 20-30 min).
- 2.) Remove beets from pot. Add potatoes and dill. Cook until potatoes are tender. Cool briefly. Mash gently.
- 3.) When beets are cool enough to handle, grate and return to pot. Mix in remaining ingredients, except yogurt, until ready to serve.
- 4.) Serve hot or chilled.

Minimum recommended daily amount of cups of fruits and vegetables

		age in years				
		1-3	4-8	9-13	13-18	18+
male	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	3c	3.5c
female	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	2.5c	3c

Fruits: Whole fruits are better than juice.

1 cup of fruits equals:

- 1 cup raw or cooked fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice

Vegetables: Eat a rainbow of colors, including dark green, red and orange. Fresh, frozen and canned are all ok!

1 cup of vegetables equals:

- 1 cup raw or cooked vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice

For more information:

www.choosemyplate.gov

Roasted Beet Salad

Serves 4

5-6 med (2.5") beets, washed and trimmed of greens
6 c chopped lettuce
Dressing
2/3 c olive oil
1/3 c apple cider vinegar
1 tsp mustard
1 med garlic clove, minced
2 T blue cheese, to garnish (optional)

- 1.) Preheat oven to 400 degrees F.
- 2.) Place beets on clear or metal oven pan. Roast until fork tender (~60 min). Bring out to cool on counter, leave in the pan.
- 3.) While beets are roasting, make dressing by combining oil, vinegar, mustard and garlic. Whisk and reserve in bowl at room temperature.
- 4.) When beets are cool enough to touch, use the back of a spoon or a knife to scap the skin off of the beet. Peel and slice.
- 5.) Divide lettuce into plates, with beets on top, along with cheese. Re-whisk dressing, apply to salads and serve.

Feel good, be active!

Adults: Aim for 30 min of exercise most days.
Children: Aim for 60 min of exercise everyday.

