

## BEETS

*The red pigment in beets is an indicator of the nutrients they contain that are highly beneficial for your health. These nutrients are broken down by heat, so its best to cook beets lightly.*

lovin'  
spoonfuls  
a food rescue



### BEST COOKING METHODS

- ROASTED
- RAW

### RECIPE IDEAS

- ROASTED BEETS
- RAW OR COOKED IN SALADS
- RISOTTO

### STORAGE

- STORE GREENS SEPARATE FROM BULB, UNWASHED
- STORE BULB UNWASHED IN A SEALED PLASTIC BAG IN THE REFRIGERATOR

### NUTRITION

- HIGH IN: FOLATE WHEN RAW.
- BEET GREENS ARE A GOOD SOURCE OF: VITAMIN A, VITAMIN C, AND OTHER ANTIOXIDANTS.

### TIPS

- COOK BEETS WITH SKIN ON, REMOVE SKIN WITH PAPER TOWEL
- USE GLOVES TO AVOID STAINING HANDS AND CLOTHING
- PEEL RAW BEETS WITH VEGETABLE PEELER

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### ROASTED BEETS

- 2 teaspoons olive oil
- Salt and pepper to taste
- 1/2 lb beets, cut into 1/2-inch dice

PREHEAT OVEN TO 425 DEGREES. WRAP BEETS IN 2 OR 3 PACKETS OF FOIL. PLACE ON A BAKING SHEET; BAKE UNTIL BEETS ARE SLIGHTLY SOFT TO THE TOUCH, 45 MINUTES TO 1 HOUR DEPENDING ON THEIR SIZE. COOL BEETS IN PACKETS, THEN RUB OFF SKINS. CUT BEETS INTO 1 1/2 INCH CHUNKS.

ONCE ROASTED, BEETS CAN BE ENJOYED TOSSED WITH OLIVE OIL AND SALT AND PEPPER TO TASTE!

THEY CAN ALSO BE ADDED TO A VARIETY OF OTHER SIMPLE DISHES SUCH AS:

**BEET SALAD** - ROASTED BEETS TOSSED WITH GOAT CHEESE AND GREENS OF YOUR CHOICE

**WARM BROWN RICE WITH BEETS** - BEETS CAN BE ADDED ALONG WITH OTHER HEARTY VEGGIES (LIKE ROASTED CAULIFLOWER).