Beets are root vegetables that are fully edible from top to bottom. They come in a variety of colors: yellow beets are sweetest, while red and purple beets are earthier. Chioggia beets are striped pink and white on the inside and are slightly spicy like a radish. Whatever the color, beets are high in fiber with a wide range of nutrients in both root and tops.

**Cooking**
Beet greens can be used like kale, chard, or spinach. Roast or boil beet root with the skin on, then peel when cool: skin should slide off easily. Raw beets can be peeled with a vegetable peeler. Thinly slice to serve raw in salads or as a snack. Beets can also be pickled from raw or cooked. Use gloves to avoid staining hands, and be careful of clothing!

**Storage**
Remove tops and refrigerate in a plastic bag with a damp cloth, like you would kale. Tops will last 1-2 weeks. Roots can be stored unwrapped or loosely wrapped in the refrigerator, and last up to 6 weeks. Wash only when ready to use!
Honey Mustard Beet & Carrot Salad
Serves: 4  Total Time: 15 Minutes

Ingredients:
• 1 lb beets, peeled & cut into matchsticks (any color)
• 1 lb carrots, washed & cut into matchsticks
• 2 tbsp oil (vegetable or olive)
• 1 tbsp honey
• 1 tbsp Dijon mustard
• 1 tbsp cider vinegar
• ½ tsp dried thyme
• 1 tsp garlic powder
• ¼ cup nuts or seeds (almonds, sunflower seeds, pistachios, etc)
• Salt & pepper

Directions:
1. In a large bowl, toss together beets and carrots.
2. In a small bowl, whisk together honey, Dijon, vinegar, thyme, garlic, and a pinch of salt and pepper. Slowly add oil while whisking, until completely combined. Taste and add salt & pepper as desired.
4. Leftovers can be refrigerated in an airtight container up to 5 days.

Quick Tips:
• In a hurry? Make the dressing ahead and shake it up before using.
• Switch up the veggies with cucumber, radishes, or shredded broccoli stems.
• Add some extra crunch with crumbled corn chips, potato chips, or crackers!