

Beets



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.
3. Drizzle dressing over beets & carrots and toss until evenly coated. Top with nuts & seeds. Serve.
4. Leftovers can be refrigerated in an airtight container up to 5 days.

lovin'
spoonfuls
a food rescue



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!