

Beets

Storage & Prep Tips

Smaller beets are sweeter and tenderer.

Trim leaves two inches from the beet and store in a plastic bag for 7-10 days.

To cook, simmer for 45 minutes or cut and roast at 400°F for 45 minutes turning once.

Nutrition Info

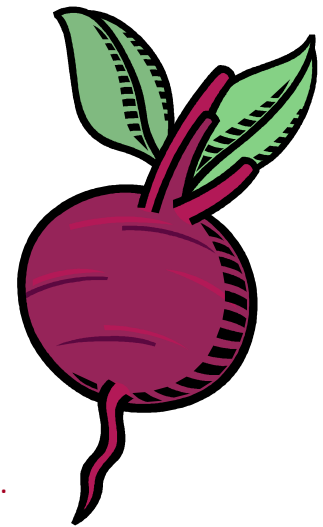
Some antioxidants in beets protect against coronary artery disease and stroke.

Beets are a good source of dietary fiber.

Fun Facts

In Australia, pickled beets are put on hamburgers.

Beets can be used as hair dye.



How to Simmer a Beet

- Start a pot of water boiling.
- Trim greens away from beets leaving one inch of stem.
- Trim the thin tip of the root from the other end.
- Put whole beets in water and simmer for 20-45 minutes, depending on the size.

Recipe- Beet, Walnut, and Feta Salad

Ingredients

- 4 Beets, boiled or roasted
- 1 C Walnuts
- 1 Shallot, minced
- 1 C Feta cheese, crumbled
- 2 C crisp greens such as arugula or romaine lettuce.

Directions

- Peel the beets and chop into small pieces. Put into a large bowl.
- Toast the walnuts at 400°F for 7-10 minutes. Add to the bowl of beets.
- Mince the shallot and add to the bowl.
- Toss the salad with dressing- you can use garlic vinaigrette or just oil and vinegar.
- Add the Feta and toss lightly.
- Serve on crisp greens.
- Enjoy!