

# Beets

## Key Points

- For the best buy, choose firm, smooth beets which have a rich, dark color.
- To prepare beets, remove greens, leaving 1 inch of stem. Scrub well. Beets may be roasted, boiled or eaten raw.
- To keep fresh, store beets in the refrigerator and use within 2 weeks.
- Beets contain fiber, which helps to keep you regular.



## Gingered Beet and Carrot Slaw

### Ingredients:

4 cups beets  
4 cups carrots  
1/2 cup chopped onion  
1/2 cup chopped poblano pepper  
1 tablespoon minced ginger  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
2 teaspoons mustard  
1/4 cup fresh cilantro, chopped  
Salt and Pepper to taste

### Directions:

1. Grate the beets and carrots.
2. In a large bowl, combine the grated beets, carrots, onion and ginger.
3. In a small bowl, combine the lime juice, oil, mustard and cilantro. Pour onto the slaw.
4. Season with salt and pepper
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.**

*Adapted from yummy.com*

## Glazed Beets and Greens

### Ingredients:

1 onion, sliced  
5 beets and greens chopped  
3 tablespoons balsamic vinegar  
3 tablespoons vegetable oil  
Salt and pepper

### Directions:

1. In a large pot over high heat, add onions, beets, vinegar, and oil.
2. Cover vegetables with 1 cup of water and bring to a boil.
3. Reduce heat to low and simmer for 15 minutes or until beets are soft.
4. Add the greens and cook for 5 more minutes. Season with salt and pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.**

*Adapted from the Modern Vegetarian Kitchen*

## Quick Tips

- Use care when preparing. The red juice can stain. Use salt to remove juice stains from hands.
- Add cooked sliced beets to salads.
- Don't throw out the beet greens! Rinse, chop and cook in soups and stir fry dishes!
- Remember to rinse all fruits and vegetables before using.

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*Just Say Yes* to Fruits and Vegetables

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Health

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