



Beets

| Nutrition Facts | | |
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| Serving Size 38 g | | |
| Amount Per Serving | | |
| Calories 8 | Calories from Fat 0 | |
| % Daily Value* | | |
| Total Fat 0g | 0% | |
| Saturated Fat 0g | 0% | |
| Trans Fat | | |
| Cholesterol 0mg | 0% | |
| Sodium 86mg | 4% | |
| Total Carbohydrate 2g | 1% | |
| Dietary Fiber 1g | 6% | |
| Sugars 0g | | |
| Protein 1g | | |
| Vitamin A | 48% • Vitamin C | 19% |
| Calcium | 4% • Iron | 5% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |
| NutritionData.com | | |

Healthy Benefits of Eating Beets

- Beets are a good source of folate, which our bodies use to make red blood cells (healthy blood). Beets also have manganese (healthy bones).
- A ½ cup of cooked beet greens is an excellent source of vitamin K (healthy blood), vitamin A (healthy eyes), and vitamin C (immune system booster).
- It is a good source of riboflavin, which is also called vitamin B₂. It is also important for building healthy red blood cells.

Produce Tips for Beets

- Look for smooth, hard, and round beets that are free of cuts and bruises.
- When possible, choose fresh beets with green tops still attached. The greens should look healthy, not wilted.
- To prevent moisture loss, remove the green tops from beets and store each in separate plastic bags.
- Keep beets in the refrigerator for up to two weeks. Cook the green tops within one to two days.
- Choose low-sodium or no salt added canned beets.

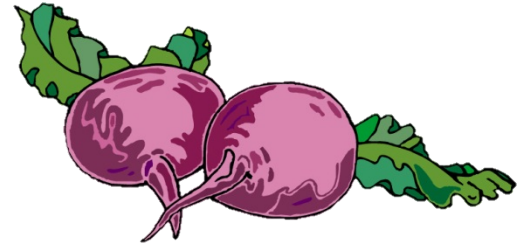


Serving Ideas for Beets

- Steam beets and slip off the skins. Sprinkle lightly with seasonings and enjoy.
- Roast beets with skins on in the oven at 375 degrees for about 40 minutes.
- Add fresh sliced or canned beets to salads.
- Sauté beet greens with chopped onion and garlic for a healthy side dish.



Beet Recipes



Mandarin Beet Salad

2 cups canned beets, drained (diced)
1 cup canned mandarin oranges, packed in 100% juice (diced)
1 cup raisins or currants

Drain mandarin oranges and keep ¼ cup of the juice. In a bowl, combine beets, mandarins, raisins, and ¼ cup of reserved juice. Mix well. Serve immediately, or chilled.

Easy Baked Beet Chips

3-4 medium beets, sliced thin (use a veggie slicer, or mandolin, if possible)
1 tablespoon olive oil
Salt to taste

Preheat oven to 350° F. Toss beets slices with oil in a medium sized bowl and lay them flat in a single-layer on a baking sheet. Bake for 20-30 minutes, until chips are crispy. Sprinkle sea salt over top when done. Transfer to a wire rack to cool and then serve.

Pineapple Beets

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| 2 T. brown sugar | 1 T. cornstarch |
| ¼ tsp. salt | 1 8 oz. can pineapple tidbits, undrained |
| 1 16 oz. can sliced beets, drained | 1 T lemon juice |

In a saucepan, combine brown sugar, cornstarch and salt; add pineapple and bring to a boil, stirring constantly until thick, about 2 minutes. Add the beets and lemon juice; cook over medium heat for 5 minutes, stirring occasionally. Serve.

Beet Soup

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| 4 potatoes (peeled and chopped) | 1/2 head of cabbage (shredded) |
| 3 carrots (chopped) | 1 onion, chopped |
| olive oil | 3 beets (peeled and chopped) |
| 6 cups broth | 1 can chopped tomatoes (with the juices) |
| 1 TBL lemon juice | Salt and Pepper to taste. |

In a soup pot put the potatoes, cabbage, onion, and carrots with some olive oil, and sauté until the cabbage is soft. Then add beets, broth, and tomatoes let simmer for about 20 minutes, or until potatoes are soft. Serve. Optional: Remove several cups of soup and blend in a blender.

Beet Salad

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| 4 medium red or golden beets (4 ounces each), stems and root ends removed | |
| 1/3 cup walnuts (chopped) | 1 tablespoon balsamic vinegar |
| Salt & Pepper | 1 tablespoon sunflower-seed oil |
| 2 ounces lowfat goat cheese | |

Heat oven to 400°F. Wrap each beet in foil. Roast until soft, about 1 hour. Cool slightly; remove foil. Rub off skins; cut into wedges. Toss with nuts and vinegar. Season with salt and pepper. Add oil; toss. Crumble cheese on top and serve.

Beet Pancakes or Waffles

Wrap 1-2 beets in foil and bake for 1 hour at 400°. Cool and remove skin. Place beet in food processor to puree. Add puree to your favorite pancake or waffle batter for a healthy pink addition. Cook pancakes or waffles as normal.