

Beets



Key Points

- ▶ Good source of folate and manganese. Contain carotenoids including carotene that may be good for health.
- ▶ When shopping, choose beets with firm, smooth skins and nonwilted leaves, if still attached. Smaller beets are more tender.
- ▶ Kids can be produce pickers! Help them pick produce at the farmers market. Better yet, let them help you figure out a way to prepare produce items when you get home.
- ▶ Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Boiled Beets

Number of servings: 6

Ingredients:

- 1 ½ pounds beets
- 2 tablespoons vinegar

Directions:

1. Wash beets and trim tops and roots.
2. In a large saucepan, add beets, vinegar, and enough water to cover. (This will help to keep the beets from “bleeding” — turning the liquid red.)
3. Bring beets to a boil, reduce heat, and simmer until tender, about 45-60 minutes.
4. Place pot under cold running water and rinse until beets are cool enough to be handled.
5. Peel skin. Slice or dice and serve.

Per serving: 33 calories; trace fat (0 g saturated fat); 1 g protein; 8 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 59 mg sodium.

Marinated Beets

Number of servings: 12

Ingredients:

- 3 pounds beets, cooked* and sliced
- 1 onion, chopped
- ½ cup juice reserved from cooked beets
- ¾ cup vinegar
- ½ cup sugar
- ½ teaspoon dry mustard

Directions:

1. Add beets and onions to a medium bowl and set aside.
2. In a small saucepan over high heat, add reserved beet juice, vinegar, sugar, and dry mustard. Stir until sugar is dissolved.
3. Pour mixture over beets and cover. Refrigerate overnight before serving.

*Follow the Boiled Beets recipe to cook beets.

Per serving: 82 calories; trace fat (0 g saturated fat); 1 g protein; 20 g carbohydrate; 3 g dietary fiber; 0 mg cholesterol; 276 mg sodium.

Quick Tips

- ▶ Peel raw beets and serve with a simple dip.
- ▶ Remove leaves, leaving about 1 inch of the stems, and use leaves as greens — raw or cooked. Store beet roots in a perforated plastic bag in the refrigerator up to three weeks.
- ▶ Wash thoroughly under running water before eating, cutting, or cooking.
- ▶ Add beets along with other vegetables to skewers and heat thoroughly on the grill.

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