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.

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.

*Follow the Boiled Beets recipe to cook beets.

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.
- Golden beets have a sweeter and milder flavor than red beets.

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