

# BEETS



GLEANERS



**Storage and preparation tips:** Remove stems and leaves. Store unwashed beets in a bag with a damp paper towel, and refrigerate for up to 7 days. If the leaves are crisp and bright green, store the unwashed greens in a separate plastic bag with a damp paper towel. Refrigerate and use within 3-5 days. Rinse beets in cold water and cut off tops and roots just before preparing.

**Nutrition benefits:** Beets are a good source of folate, magnesium, and manganese. Beet greens are an excellent source of vitamins A, C, and K. All of these nutrients help keep your body healthy!



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## WAYS TO ENJOY BEETS:

**Raw:** Peel beets and cut into thin slices and eat with your favorite dip, or grate to top a salad or add to coleslaw.

**Roast:** Peel beets and cut into cubes. Toss with olive oil and salt, and bake at 400°F for 45 minutes (or until fork tender).

**Bake:** Wrap whole beets in foil and place on baking sheet. Bake at 400°F for 1 hour (or until fork tender). After cooling, remove from foil and gently rub with a damp cloth to remove skins. Serve mashed or sliced with butter, salt, and pepper to taste.

**Microwave:** Peel beets and cut into cubes. In a microwave-safe dish, add 2 tablespoons of water per 2 ½ cups of beets. Cover with a lid and cook about 5 minutes and stir. Cook an additional 3 minutes. Repeat until tender.

**Greens:** Don't throw out beet greens! Rinse and chop leaves and stems, and cook in a skillet with olive oil, garlic, salt, and pepper. Or add to soups and pasta in place of spinach or kale.

## UKRAINIAN BEET SALAD



### Ingredients:

- 2 large potatoes
- 3 large carrots
- 2 large beets, cooked and peeled
- 5-6 small dill pickles
- Optional ingredients: fresh dill or parsley, chopped onion, sweet peas, sauerkraut, canned beans
- 3 tablespoons olive oil
- Salt and black pepper to taste

### Instructions:

1. In a pot filled with water, add potatoes and carrots. Bring to a boil over medium high heat. Reduce heat and gently boil until vegetables are fork tender, about 30 minutes. Drain and cool to room temperature.
2. Peel potatoes and carrots. Finely dice potatoes, carrots, beets, and pickles, and combine in a large bowl.
3. Add any optional ingredients to bowl. Drizzle with olive oil and gently mix to combine. Season with salt and pepper to taste.
4. Serve immediately or cover and refrigerate overnight. This salad tastes best if the flavors have time to marinate together!

Visit [GleanersNutritionHub.org](https://GleanersNutritionHub.org) for more recipe ideas and cooking tips!

**Serves 4. Nutrition per 1 cup serving (optional ingredients not included):** 250 calories, 4 g protein, 10 g fat, 37 g carbohydrates, 5 g fiber, 475 mg sodium