



Beets

A plant with a fleshy root probably originally from North Africa.

Buying

Choose: firm, smooth beets with no spots or bruises and a good deep red color.

Serving Ideas

Beets can be eaten raw, cooked, canned or pickled in vinegar. Raw beets are peeled, sliced or grated and, if desired, seasoned. Cooked beets can be eaten hot or cold; they are often dressed with a vinaigrette or used in salads.

Cooking

Boiled or steaming: depending on the size of the beets, allow 30-60 min. cooking time.

Baking: this method keeps the flavor and highlights the color.

To check for doneness, run the beets under a stream of cold water, the skin will come off easily if they are well cooked. Avoid pricking beets with a fork or knife as they will then lose color during cooking. Only add salt at the end of cooking, as salt will discolor them

Nutritional Information

Per 3.5 oz/100g	cooked
Water	89%
Protein	2.6g
Fat	0.2g
Carbohydrates	5.5g
Fiber	2.9g
Calories	27

Preparing

Wash the beets under running water without damaging the skin; brush gently if necessary. Cook the beets whole without peeling or breaking the skin, leaving the roots on and 3/4-1 1/4 in of the tops.

Excellent Source: potassium and vitamin A.

Good Source: vitamin C, riboflavin and magnesium.

Contains: iron, copper, calcium thiamine, vitamin B, folic acid, zinc and niacin.

Properties: aperitive and easily digested. Beets relieve headaches and are useful against flue and anemia.

Storing

At room temperature: 2-4 weeks. Store leaves with roots and 2-3 inches of stem in a cool and humid environment. Beets keep longer in the ground or in a winter cellar, but they tend to harden.

In the fridge: fresh beets, 2-4 weeks.

In the freezer: cook prior.