

BEETS



HOW DO THEY TASTE?

Greens: Very similar to dark leafy greens, but sweeter

Beet: Sweet, juicy and earthy

HOW DO I PICK THEM?

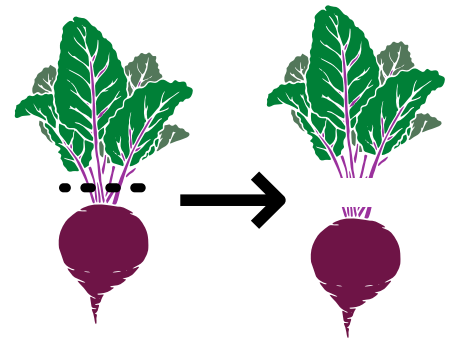
Choose firm beets with smooth skin. Beets are available all year round at the grocery store but can be found locally in their peak season between the months of mid June to November.

HOW DO I STORE THEM?

Store beets in the crisper drawer of your refrigerator for up to 1 month. Wrap beet greens in a paper towel to absorb moisture.

HOW DO I PREPARE THEM?

1. Wash beets and greens to remove dirt.
2. Dry well.
3. Trim the tops (greens) off the beets.
4. Save greens for later use or cut into pieces and cook.
5. Prepare beet root according to recipe instructions.



Greens: **Sauté** with a bit of salt, pepper, and olive oil for a nutrient-dense side dish, add into an **omelet**, toss into a **smoothie**, or add in a **salad**.

Beet: **Roast** slices or chunks in the oven, **boil** or shred raw and add to a **salad**. **Blend** into fresh **juice** or make a **beet soup**...and so much more!

SHREDDED VEGGIE SALAD

Ingredients:

- 1 pound fresh beets, carrots and/or kohlrabi
- 1/4 cup chopped fresh parsley
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Scrub vegetables under cool, running water. Using a box grater or food processor, shred vegetables into a medium bowl.
2. Add parsley, olive oil, lemon juice, mustard, salt and pepper. Mix together and serve.

For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.



Community Nutrition Education RI



RISNPEd



URI Nutrition



URI_Nutrition_Ed

KITCHEN TIP!

Wear rubber gloves when working with beets to avoid staining your hands!