

# WHAT'S FRESH

# Beets

Beets are a root vegetable with a relatively long shelf life. They are packed with anti-inflammatory antioxidants and do not skip a "beet" in flavor or nutrients!

## How to cut beets:

First, scrub under cool running water and pat dry. If you cut beets before you cook, you need to peel them. It is easy to peel beets after you cook them whole, cutting after.



OR



### 1. Peel Raw

Cut off top and bottom stems to create a flat edge to balance the beet for safe cutting. Use a vegetable peeler to remove tough skin.

### 2. Peel after cooking

Easily remove skin after cooking. Using a paper towel, rub the outside of the beet and the skin will rub off easily. If it does not, it is not cooked completely.



### 3. Slices

Lay peeled beet on flat edge. Cut into 1 inch thick slices, top to bottom.



### 4. Sticks

Follow step 3 for slices. Stack slices and cut into 1 inch sticks.



### 5. Cubes

Follow steps 3-4 to make sticks. Line up sticks and cut into 1 inch cubes.



### 6. Wedges

Follow step 1 or 2 to prep beet. Cut peeled beet in half from top to bottom. Cut each piece in half until you have 1 inch thick wedges on the outer side.

## Quick Tips:

- Choose beets that are firm. If the greens look bad the root can still be good if it is firm.
- Use beet roots within 2-3 weeks. If your beets have greens attached, sauté them within 3 days.
- To avoid red stained hands, use gloves, bags or paper towels on your hands while working with red beets. Clean up your work area quickly.

## Ways to cook beets:

**Eat raw:** Use the greens as you would other salad greens, or add to your favorite mix. Top salads with shredded or pickled beets.

**Steam:** Add several inches of water to a pot with a steamer basket [or use a metal colander that will fit inside the pot]. Bring to a boil then add whole beets. Cover. Steam for about 30 minutes, or until beets are easily pieced with a fork. Place cooked beets in a bowl of ice water. When they have cooled, you can easily rub the skin off.

**Sauté the greens:** Heat 2 tablespoons of oil in a pan over medium heat. When hot, add chopped leaves and stems and cook 5-8 minutes, until crisp but tender. Season with salt & pepper.

**Roast:** Preheat oven to 375°F. [For serving cold] Rub beet skins with a bit of oil and wrap them in foil. Bake for 45-60 minutes, or until fork tender. Set aside to cool. Peel the skins off cooled beets; chop into cubes to use in salads or eat them on their own. [For serving hot] Peel beets. Chop into 1-inch cubes or wedges and toss with oil, salt and pepper. Add garlic, spices and fresh or dried herbs if desired. Bake, turning halfway through, until tender, about 30-45 minutes.



# Beet, Orange and Grain Salad

SERVES  
4

## Directions:

1. Steam, roast or microwave beets whole or in chunks according to the instructions of the front of this page.
2. While beets cook, cook grains following package instructions. Transfer to a bowl and cool while you prepare the salad.
3. If beets have crisp greens attached, use them! Rinse and remove any thick and tough stems from the greens. For beet greens, kale and collards: stack leaves together, roll into a thick log, and slice thinly. If using spinach or arugula, chop into bite-size pieces. Place greens in a large bowl.
4. Peel and segment the orange (do this over a bowl to save any juice to add to the dressing).
5. To prepare dressing, whisk together oil, vinegar, honey, salt and pepper and your choice of seasonings.
6. When grains and beets are cooled, combine them with the greens. Drizzle with dressing and toss to combine. Sprinkle with nuts and cheese.

## Ingredients

**Whole Grains** - 1 cup  
[rice, cous cous, quinoa, or pasta]  
**Beet Greens** - 1 bunch  
[or 4 cups spinach]  
**Beets** - 3, medium size  
**Orange** - 1, segmented  
**Oil** - 1/4 cup [olive or canola]  
**Vinegar** - 2 tablespoons  
**Honey** - 1 tablespoon  
**Salt** - 1/4 teaspoon  
**Black Pepper** - 1/4 teaspoon

## Try adding some extras to change it up. Get Creative!

- Italian seasoning, oregano, parsley, etc.
- Chopped nuts, such as pecans, almonds or walnuts.
- Soft cheese, such as goat, feta, blue or mozzarella.



# Quick & Easy Pickled Beets

3-4  
cups

## Directions:

1. Peel onion, chop in half vertically, then slice into half circles.
2. Scrub beets, remove greens and stem. Grate with a box grater.
3. In large saucepan over medium high heat, combine beets, vinegar, lemon juice, sugar, and peppercorns. Bring to a boil.
4. Reduce to simmer. Simmer for 5-7 minutes, stirring occasionally, then turn off heat and allow beet mixture and liquid to cool completely.
5. Store in covered jar in refrigerator for up to 2 weeks.

## Ingredients

**Beets** - 4-5, large  
**Red Onion** - 1, small  
**White Vinegar** - 3-4 cups  
**Lemon Juice** - 1 lemon  
**Sugar** - 1/3 cup  
**Peppercorns** - 1-2 tablespoons

**Tip: Easily decrease this recipe based on the amount of beets that you would like to pickle.**