



Beets

The Health Benefits of Beets

Both the beet root (red) and beet greens are highly nutritious

Beet Root

- High in antioxidants that protect against cancer
- Healthy nitrates lower blood pressure and improve circulation
- Raw beet roots have a milder flavor than cooked and can be grated into salads for a crisp, citrus flavor

Beet Greens

- Lower blood pressure and risk for heart disease and stroke
- High in beta carotene which aids vision and skin, and protects against lung and mouth cancers
- Good source of vitamin K to support brain health
- High in vitamins B & C, and minerals calcium, iron & potassium
- Can be eaten raw or lightly sautéed

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www.advancedhealth.com/healthy-bytes-initiative

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Shop and Save

* Beets should be round and firm with smooth skins and a deep color. If the greens are attached, they should be fresh, not wilted.

* Small to medium sized beets (up to 2½ inches across) have better flavor. Choose beets that are about the same size so they will cook evenly. The larger the beet, the longer the cooking time will be.

* Fresh beets are available year round but might be cheaper and fresher in summer and early fall!

* Buying canned beets might save you money and time.

Beets are a good source of riboflavin, which helps build healthy red blood cells.



Types of Beets

Red beets are a deep reddish-purple color. They are commonly found canned as whole, sliced, diced, julienned (grated) or pickled.



Golden beets are a little sweeter than red beets.



Chioggia beets have red and white rings inside.

White beets are white to pale yellow.

Look for Chioggia and white beets at farmers' markets or try growing them.



Store Well Waste Less

■ You can use beet greens raw in salads or cooked as a side dish. Remove leaves from beets, if still attached, and store separately in an open bag. Use within 2-3 days.

■ Store unwashed beets in open or perforated plastic bags (20 holes per medium bag) in the refrigerator. Use within 3 weeks. Scrub gently under running water before cooking.

■ Cooked beets can be frozen. Package in freezer bags, press out the air, seal, label and date. For best quality use within 10 to 12 months.



1 pound fresh beets =
2 medium

beets with tops =

3 medium, trimmed =
2 cups sliced or diced

15 ounce can of beets =
about 1 cup drained

**Canned beets
can store for
2 to 5 years.**

Cooking with Beets

Cooking Fresh Beets

Shorten time to make a recipe - cook beets ahead. Cook beets until they can be pierced to the center with a fork or dull knife. Refrigerate; use within 5 days.

Keep nutrients and color - cook beets with the skin on and some stem and root attached.

The skin rubs off easily after cooking. Hold the beet with a paper towel or plastic bag to keep your hands from becoming stained.

Cook whole, unpeeled beets:

Microwave - pierce the skin and place in microwave-safe dish with 2 to 4 tablespoons of water. Cover and microwave on HIGH for 10 to 15 minutes depending on size and number of beets.

Bake - wrap each beet in foil. Cook for 1 hour in a 350 to 400 degree **oven** or 2 to 4 hours on HIGH in a **slow cooker**.

Boil - cover with water and simmer for 30 minutes or more depending on size.

Steam - place in a steamer basket over boiling water in a covered saucepan for 45 minutes or until tender.

Cook peeled and quartered beets:

Roast - in a baking dish for about 45 minutes in a 400 to 425 degree oven.

Go to
FoodHero.org
for easy, tasty
beet recipes

Beet and Carrot Salad

Ingredients:

- 1 large **carrot**, sliced thin or coarsely grated
- ¼ cup minced fresh **onion**
- 2 tablespoons **light mayonnaise**
- ¼ teaspoon each **salt** and **pepper**
- 1 tablespoon chopped **cilantro** (optional)
- 1¾ cups (bite sized pieces) **beets**, cooked from fresh or canned/drained

Directions:

1. Cook carrots (if desired) until just tender. Try microwave or steaming.
2. In a medium bowl, combine onion, mayonnaise, salt, pepper and cilantro, if desired. Add beets and carrots and stir to coat evenly. Serve warm or cold.
3. Refrigerate leftovers within 2 hours.

Tropical Beets

Ingredients:

- 2 tablespoons **brown sugar**
- 1 tablespoon **cornstarch**
- ¼ teaspoon **salt**
- 1 can (8.75 ounces) **pineapple tidbits** in 100% juice
- 1 tablespoon **margarine** or **butter**
- 1½ cups sliced **beets**, cooked from fresh or canned/drained

Directions:

1. In a small saucepan combine sugar, cornstarch and salt. Stir in pineapple tidbits with juice.
2. Cook over medium heat until mixture boils and thickens, stirring occasionally.
3. Add margarine or butter and beets. Cook until heated through, about 5 minutes. Serve warm or cold.
4. Refrigerate leftovers within 2 hours.