

Beets

Vegetable Subgroup: Other

1 lb fresh = 11.6-1/4 cup servings raw, pared sticks

7.6-1/4 cup servings diced and cooked

7.7-1/4 cup serving sliced and cooked

Peak Season: June through October

Because they are grown in nearly all areas of the country, beets are available year round. While being a low calorie food they are high in fiber and offer an assortment of vitamins and minerals with a naturally sweet flavor. Versatile and affordable, these root veggies can add excitement to traditional winter dishes.

Storage

Store unwashed roots in a plastic bag in refrigerator for up to 3 weeks.

Preparation

Scrub the beets very gently and rinse well. Be careful not to break the skin, which is quite thin. Leave at least 1 inch of stem. Do not trim the bottom root.

Do not cut or peel beets before cooking them in liquid. This preserves beets' color and nutrients. If cut, the beets will "bleed" red juices while cooking and the juice will turn to a dull brown.

Cooking

The size of beet determines if and how it should be cooked. Small beets that are less than 1 1/2 inches round are excellent raw in salads. Medium and large size beets are good for cooking.



Nutrition Facts

Serving Size 1 cup 136g (136g)

Amount Per Serving

Calories 58 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 106mg 4%

Total Carbohydrate 13g 4%

Dietary Fiber 4g 15%

Sugars 9g

Protein 2g

Vitamin A 1% • Vitamin C 11%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

To save time, cook a large quantity of beets at once and chill leftovers.

Boiling: This is the most common way of cooking beets, but some of the color (and nutrients) will be lost in the cooking water. Place beets in a pot of boiling water, cover, and simmer until the beets are tender. Cooking time is 40 minutes to 2 hours, depending on size.

Baking: Baking locks in nutrients and intensifies the sweet flavor of beets. Wrap beets in foil, place them in a baking pan, and bake in a 350°F to 400°F oven until tender. Unwrap and let cool until able to handle. Peel them while still warm. Cooking time is 1 1/2 to 2 hours, depending on size.

Did you know...?

There are different beet varieties. Also known as "beetroots" some varieties of the garden beet include Detroit dark red beets, Lutz salad leaf beets, yellow beets, white beets, orange or golden beets, and Chioggia beets. Beet sizes range from large marbles to cylinders to the size of baseballs. Baby beets (younger beets) are more tender than regular beets and require less time to cook.



Red beets are the most common variety. They have a deep red stalk and a meaty root. The golden beet shares the same traits differing only in its yellow and orange coloring.

The Chioggo beet has the same red skin as the red beet but has a red and white striped interior. Due this coloration, and a very sweet flavor, the Chioggo beet is often called the candy cane or candy stripe beet.



Beet greens (leaves) are very nutritious and delicious! They are an excellent source of vitamins A and C, potassium, and magnesium. Beet greens are a good source of calcium, iron, and copper.

Veggies really DO make you run faster. A study by researchers at Saint Louis University, published in the April 2012 issue of the Journal of the Academy of Nutrition and Dietetics, shows that eating cooked beets "acutely improves running performance." After eating beets, the runners went an average of 3% faster and shaved 41 seconds off their times. And their biggest speed gains came over the final 1/3 of the race.

According to the study, 7 ounces of baked beetroot, or an equivalent nitrate dose from other vegetables, should be consumed 60 minutes before exercise.



Beet and Spinach Couscous

Fruits & Veggies—More Matters™

Serves: 4

Cups of Fruits and Vegetables per Serving: ½

1 Tbsp Olive oil

2 Tbsp Shallots, chopped

1 cup Couscous, uncooked

1 ½ cups Beets, fresh, sliced

¼ tsp Salt

1 cup Spinach leaves

1. Heat olive oil in a skillet over medium-high heat.
2. Add shallots and beets.
3. Cook for about 5 minutes.
4. Stir in couscous and cook for another minute.
5. Add water and salt. Let simmer for 10 minutes or until couscous is tender.
6. Remove from heat and stir in spinach. Stir gently until spinach wilts.
7. Serve warm.



Nutritional Information per Serving

Calories: 200	Carbohydrates: 40g
Total Fat: 1.5g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 4g
% of Calories from Fat: 7%	Sodium: 200mg
Protein: 7g	

Pink Party Salad

Courtesy of the University of Connecticut Cooperative Extension

Cups of Fruits and Vegetables per Serving: 1

4 Potatoes, washed and cut in half

3 cups Beets, cooked, peeled and diced

1 cup Peas, fresh or frozen

3 Eggs, hard boiled

1 Apple

1 tsp Lemon juice

2 Tbsp Olive oil

3 Tbsp Vinegar

1 Tbsp Sugar



1. Boil the potatoes in 2 cups of water in a deep kettle. cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When cooled, dice tomatoes and place in a large bowl. Add beets and mix.
3. Set aside 1/4 cup of peas and 1 egg for garnishing and add the rest to the bowl.
4. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in small bowl and sprinkle with lemon juice. Add the apple to the salad.
5. Add the vinegar, olive oil, and sugar.
6. Mix thoroughly. Serves 6.

Nutritional Information per Serving

Calories: 140	Carbohydrates: 22g
Total Fat: 5g	Cholesterol: 0mg
Saturated Fat: 0.5g	Dietary Fiber: 6g
% of Calories from Fat: 32%	Sodium: 100mg
Protein: 5g	

Roasted Root Vegetables

Courtesy of choosemyplate.gov

Serving Size: 1¼ cup

Yield: 4 servings



Ingredients:

- 2 medium-sized sweet potatoes, cut into large chunks
- 2 medium-sized root vegetables (rutabagas, turnips, parsnips, beets), cut into large chunks
- 2 carrots, chopped
- 1 medium onion, chopped
- ¼ cup vegetable oil
- 3 tablespoons Parmesan cheese
- Season with your favorite spices

Preparation:

1. Preheat oven to 350°F.
2. In a medium bowl, add all chopped vegetables, and pour oil over top.
3. Add Parmesan cheese and seasonings; mix well.
4. Spread vegetable mixture evenly on a baking sheet.
5. Bake for 1 hour or until tender.

Nutrient Totals

Per Serving:

Calories 250
Total Fat 15 g
Saturated Fat 2 g
Sodium 150 mg
Protein 5 g

Or try any of these ideas...

Grill. Add beets along with other vegetables to skewers and heat thoroughly on the grill. Or slice 1/4 inch thick and grill 8-10 minutes per side. Serve alone or with other grilled root vegetables.

Stir-Fry. Add sliced beets and their leaves to your favorite stir-fry veggie combo. If desired, mix in your meat of choice and enjoy.

Soup. Add beets and their leaves to homemade vegetable soup or minestrone. Clean and slice the beet into small pieces before adding to the soup.



Tri-Color Beet Salad. Cut different varieties of beets into disks, each 1/4-inch thick. Boil until tender and chill. Arrange on top of leafy greens with a side of dressing.