

BEETS

Description

Beets are typically harvested beginning in May in Missouri. Beets are a good source of vitamin C, an antioxidant that aids in the body's healing process and may help reduce the risk of certain cancers. Beets also contain a significant amount of fiber and potassium. Potassium aids in blood pressure control and maintaining proper nerve transmission.

Selection

Select beets that are unblemished. If the greens are still attached, look for vibrant green leaves that are not wilted.

Storing

Whole, fresh beets can be stored in the crisper drawer of a refrigerator for up to two months. Beets should not be stored in a bag, but loose in the drawer to allow ventilation.

Preparing

Wash beets thoroughly under running water to remove dirt. The skin can also be peeled if desired. Wearing gloves while handling beets will protect the skin from turning a red color. Beets can be prepared in a variety of ways with the most common options being roasted or pickled.

Recipe of the Month

Easy Roasted Beets

Ingredients:

- 1 pound medium beets, ends removed and washed
- · Olive oil
- Salt and pepper

Directions

- 1. Pre-heat oven to 400 degrees F.
- 2. Slice beets into even wedges, about ½ inch thick.
- 3. Place beets on a baking sheet lined with parchment paper, drizzle with olive oil and sprinkle with salt and pepper. Toss to coat.
- 4. Spread beets into a single layer and roast for 35-40 minutes. Toss halfway through the cooking time. Beets are ready when a fork can pierce through.
- 5. Season with additional salt and pepper to taste before serving.

Nutrition Facts

Serving Size

1 cup raw beets (136g)

Amount per serving

Calories

58

14%

** Daily Value**
Total Fat 0.2g
Saturated Fat 0g
0%

Trans Fat Omg
Cholesterol Omg
Sodium 106mg
Total Carbohydrate 13g
5%

Dietary Fiber 4g Total Sugars 9g

Includes Added Sugars Og **0%**

Protein 2a

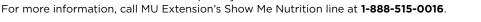
 Vitamin D Omcg
 0%

 Calcium 21mg
 2%

 Iron 1mg
 6%

 Potassium 422mg
 9%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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