



# 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**

% Daily Value\*

<b>Total Fat</b>	0.2g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0mg	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	106mg	<b>5%</b>
<b>Total Carbohydrate</b>	13g	<b>5%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	9g	
Includes Added Sugars	0g	<b>0%</b>
<b>Protein</b>	2g	
Vitamin D	0mcg	<b>0%</b>
Calcium	21mg	<b>2%</b>
Iron	1mg	<b>6%</b>
Potassium	422mg	<b>9%</b>

\*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.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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