

# Beets



Photo Credit: Tammie Ostdiek

There are many varieties of beets including red beets, golden beets, Chioggia beets and white beets. Red beets are a deep red-purple color and are one of the most common types. Golden beets are sweeter than red. Chioggia beets have red and white rings on the inside. White beets are white or a pale yellow color.

## HOW DO I MAKE A GOOD SELECTION?

Choose beets that are firm with smooth skins. Beets should be free from damaged spots. The smaller the beet is, the more tender the texture will be. If the beet leaves are still attached and you plan on using them, make sure they are green in color and are not wilted, damaged or discolored.

## WHAT IS THE PROPER STORAGE?

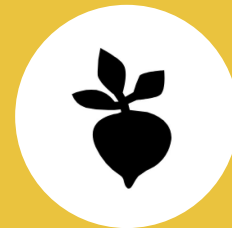
If removing the leaves, cut the stems leaving about an inch of the stems still attached to the beet. Store leaves separately in a plastic bag in the refrigerator and use within two to three days. Store the beet roots in a plastic bag in refrigerator for up to three weeks.

## WHY SHOULD I EAT THIS?

Beets contain Vitamin C, which helps heal cuts and wounds. It is also a good source of fiber, which helps to maintain bowel function. Beets also contain folate, which is needed to form genetic material, make blood cells and is important in preventing neural tube defects in newborns.

## HOW COULD I USE THIS?



- Bake beets and serve as a side
- Add chopped beets to brown rice
- Add beet greens to a salad
- Sauté chopped beet greens with olive oil and garlic
- Add beets to a stir-fry
- Add cooked and chopped beets to a salad



### DID YOU KNOW?

The green tops of beets can be eaten raw or cooked.

# WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 					X	X	X	X	X	X		
<b>MARKET</b> 						X	X	X	X	X		

Sources: SNAP-Ed Connection and Nebraska Buy Fresh Buy Local



Photo Credit: Nebraska Extension Nutrition Education Program

## RECIPE:

### Beet and Chickpea Salad

3 Servings

#### Ingredients:

- 2-3 beets, cooked and peeled
- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 T. lime juice
- 1 tsp. chile sauce or hot sauce
- 1 T. vegetable oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 c. peanuts

#### Directions:

1. Wash hands with soap and water.
  2. Rinse beets under cool running water.
  3. Bring a pot of water to a boil. Cut off stems of beets, leaving about an inch.
  4. Place beets in pot of boiling water, cover and let simmer for about 45 minutes, or until tender.
  5. While beets are cooking, in a small bowl, combine lime juice, chile or hot sauce, vegetable oil, salt and pepper.
  6. Strain beets once done and place in bowl of cold water. Once cool to the touch, cut off root and stems, then use hands to peel the skin off.
  7. Rinse the beets and chop into 1-inch pieces.
  8. Combine beets, chickpeas, peanuts and dressing.
  9. Store leftovers in a sealed container in the refrigerator.
- Options: You can wear plastic gloves to peel the skin off of the beets since they can stain your hands.

Recipe Credit: Nebraska Extension Nutrition Education Program

#### Nutrition Info:

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>1 cup</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 360mg	8%

\*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.