



# Beets



## Selecting Fresh Beets:

- Select small or medium-sized beets that are firm with smooth, blemish-free, deep red or golden yellow skins.
- Avoid beets that have spots or wet areas, are shriveled, flabby, bruised, or soft.
- The quality of the greens does not affect the beet root but if you are going to consume them look for greens that appear fresh, tender, and have a lively green color.

## Measuring Fresh Beets:

1 pound beet root = 10 medium beets = 2½ cups cooked, sliced

1 pound beet greens = 8 ounces of leaves = 1½ cups cooked

## Handling, Ripening and Storing:

- Beet juice can stain, so be sure to protect your countertops.
- Cut the majority of the greens and their stems from the roots, so they do not pull away moisture away from the root.
- Leave about two inches of the stem attached to the root to prevent it from "bleeding."
- Store beets unwashed in the refrigerator vegetable drawer where they will keep for 2-4 weeks.
- Store the unwashed greens in a separate plastic bag where they will keep fresh for about 4 days.

## Preparation and Serving:

- Scrub beets under running water with a soft vegetable brush, being careful not to break skins.
- Do not trim off the end of the roots and remember to leave about two inches of stem on the roots to prevent them from bleeding during cooking.
- To cook: bring beets to a boil and simmer for ~20 minutes (larger beets will take longer), until beets are barely firm. Drain beets and rub off skins under cool running water. Once they are cool enough to handle, remove the stems and cut to desired size.
- Be sure to rinse the pan immediately and cut beets on a plate because a cutting board will stain.
- Small, young beets are sweeter and are perfect grated or sliced raw in salads
- All types of beets are delicious steamed, boiled, or roasted at 400°F for ~45 minutes.

**Nutrition Facts:** One serving = ½ cup cooked, sliced beet root: Calories 37, Protein 1 grams, Carbohydrate 13 grams, Fat 0 grams, Fiber 2 grams. Beet roots are also an excellent source of folic acid and manganese and a good source of potassium and fiber. One serving = 1 cup cooked beet greens: Calories 39, Protein 4 grams, Carbohydrate 8 grams, Fiber 4 grams. Beet greens are also an excellent source of Vitamins A and C and a good source of calcium and iron.

**References:** <http://recipes.howstuffworks.com/tools-and-techniques/how-to-cook-vegetables6.htm>, <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=49>, <http://www.realsimple.com/food-recipes/shopping-storing/food/select-store-cook-summer-produce-10000001816223/page3.html>, <http://www.nutritiondata.com/facts/vegetables-and-vegetable-products/2353/2>

# Bok Choy and Beet Salad \$

*Serves 4*

## Ingredients

- 4 small beets, trimmed, leaving 1 inch of stems attached
- 4 cloves garlic, chopped
- 3 heads baby bok choy or 1 large head regular sized bok choy, chopped
- 2 tablespoons peanut oil
- 2 teaspoons butter



## Preparation

Preheat an oven to 425°F (220°C). Place the beets, 1/4 of the chopped garlic, and the olive oil on a piece of heavy aluminum foil; fold the foil around the beets into a sealed packet.

Roast beets in the preheated oven until easily pierced with a fork, 40 minutes to 1 hour. Let beets cool just until they can be handled, then rub with a paper towel to remove skins. Chop into 1/2-inch cubes; set aside.

Heat the peanut oil and butter in a heavy skillet over medium-high heat. Sauté bok choy and the remaining garlic together until bok choy is slightly softened but still crunchy, about 5 minutes. Remove from heat; stir in the beets. Serve warm and enjoy!

**Nutritional information per serving:** 140 calories, 9g fat, 2.5g saturated fat, 5mg cholesterol, 200mg sodium, 13g carbohydrate, 4g dietary fiber, 8g sugars, 5g protein.

### Approximate Pricing Scale

\$ = \$10-\$15    \$\$ = \$15-\$20    \$\$\$ = \$20-\$25