

Beets

Health Benefits

The bright red color in beets is an antioxidant that may protect against certain types of cancer, improves heart health and enhances exercise performance.

Storage

In the refrigerator. May also be frozen and used at a later date.

Preparation

Wash well with water. Skins may be eaten or removed. Beets can be kept whole or chopped and eaten raw, boiled, pickled, baked or roasted. Add them to soups or stews.



Beet Salad

Ingredients:

3 large beets. peeled and diced

Leafy greens of your choice

Any other vegetable or bean of your choice!



Directions:

1. Steam peeled and diced beets for 12-15 minutes then cool in refrigerator.
2. Wash leafy greens.
3. Combine cooled beets and leafy greens.
Add any other vegetables you would like to the salad.
4. Add your favorite dressing.

*Recipe adapted from thestayathomechef.com