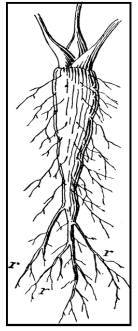


# BEET



## In the garden:



<http://www.thebattery.org/wp-content/uploads/2012/09/090512-beets1-2000x1500.jpg>



<http://s.hswstatic.com/gif/beets-2.jpg>

## Ready to eat:



<http://chubeza.com/newsletter/wp-content/uploads/2015/02/beet-varieties.jpg>

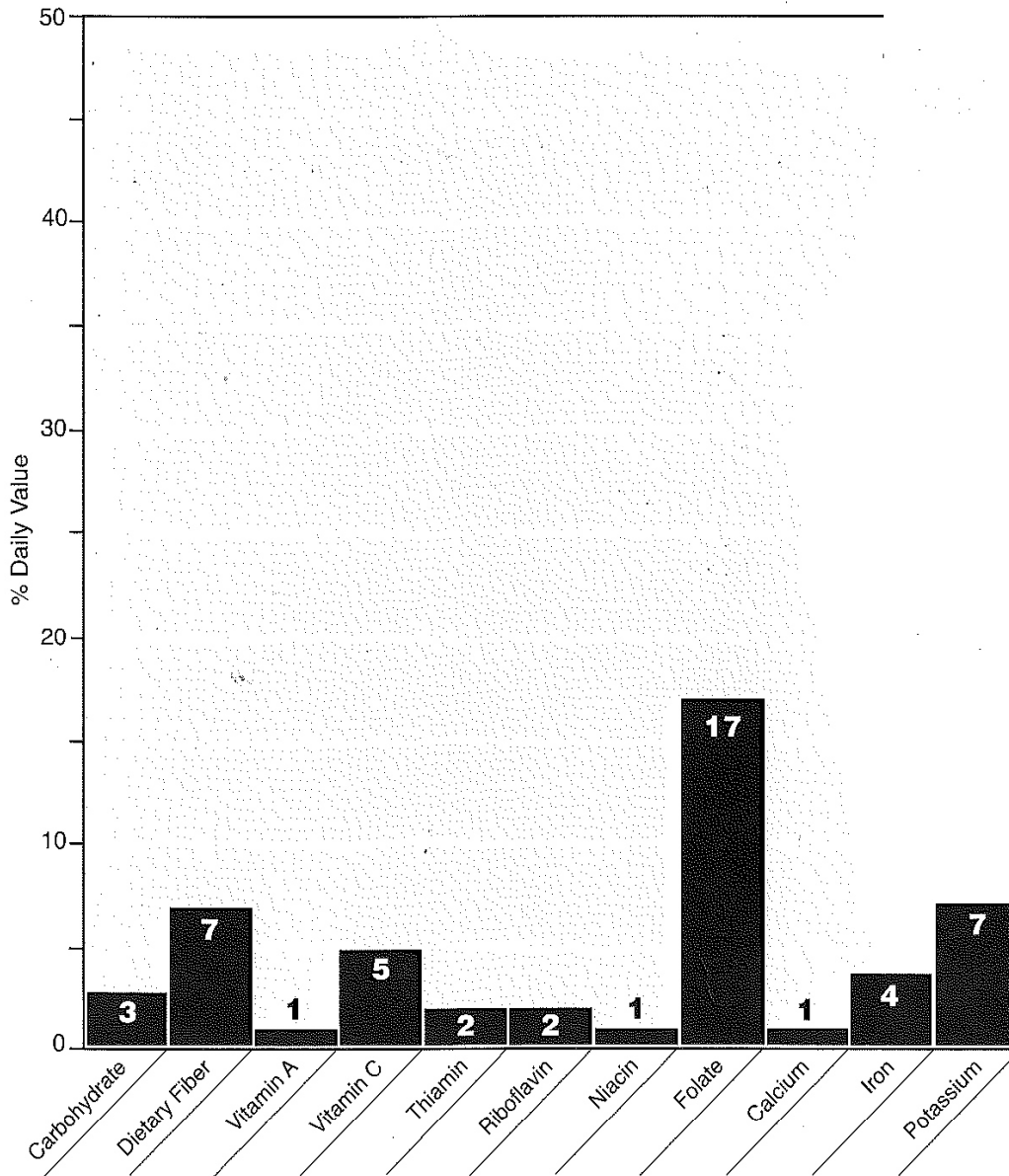


[http://foodnetwork.sndimg.com/content/dam/images/food/fullset/2008/12/23/0/FNmag\\_Roasted-Beet-Salad-\\_s4x3.jpg.rend.sni12col.landscape.jpeg](http://foodnetwork.sndimg.com/content/dam/images/food/fullset/2008/12/23/0/FNmag_Roasted-Beet-Salad-_s4x3.jpg.rend.sni12col.landscape.jpeg)

## FUN FACTS:

- Handling beets can stain your hands! Try placing your hands inside plastic sandwich bags while you prepare beets to keep them from turning 'beet red.'
- Beets come in a wide range of colors and sizes, such as red, white, golden or yellow, chioggia (striped), and baby beets.
- Beet tops are extremely high in Vitamin A, while the beet root is a good source of Vitamin C.

# Beet



## Serving Size

1/2 Cup Sliced  
 84 Grams  
 37 Calories  
     3% from fat  
     11% from protein  
     86% from carbohydrate  
 1 Gram Protein  
 8 Grams Carbohydrate  
     2 grams dietary fiber  
 0.2 Gram Fat  
 73 Grams Water  
 65 Milligrams Sodium

From California Department of Education, 2007

Beets are high in fiber to help digestion.

# Beets, Beans, and Greens Salad

## Ingredients:

- 1/4 cup lemon juice
- 1 garlic clove, finely chopped
- 2 teaspoons mustard
- Salt and pepper, to taste (optional)
- 2 tablespoons vegetable oil
- 2 cups beets, cooked and sliced (can use canned or fresh)

Makes 6 Servings



## Directions:

1. To make dressing, combine lemon juice, garlic, mustard, oil, salt and pepper (optional) in a large bowl.
2. Place the sliced beets in a small bowl. Toss 1 tablespoon of the dressing with the beets to coat.
3. Toss the greens and beans with the remaining dressing in the large bowl. Place onto plates and top with beets.
4. Add remaining ingredients; blend well.

Adapted from: <https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/beets-beans-greens>

## Storage tips:

- The refrigerator drawer is the perfect environment for beet roots. Keep them in a plastic bag to retain moisture. Beet roots will last for weeks.
- Before storage, beets should be topped and sorted to remove all diseased or damaged roots.

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USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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