

Nutrition Facts (Serving size ¼ recipe): Calories-140; Protein-1g; Carbohydrate-36g; Total Fat-0g; Saturated Fat-0g; Cholesterol-0mg; Fiber-4g; Sodium-30mg; Vitamin C-20%; Vitamin A-2%; Iron-2%; Calcium-2%

*Adapted from the Greater Pittsburg Community Food Bank Recipe Rainbow
http://www.pittsburghfoodbank.org/recipe/database/*

Tips

- Always be sure to wash fruits and vegetables under running water before using.
- Handling beets can stain your hands. Try placing your hands inside plastic sandwich bags while you prepare the beets to keep them from turning 'beet red.'

5. Served chilled.
4. Pour the dressing over the grated beet and apples; mix well.
3. Put lemon juice, honey, and salt together in a small bowl. Whisk with a fork.



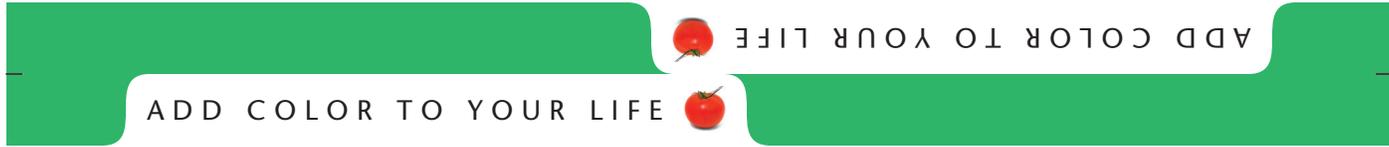
2. Grate beet(s) and apples into a large bowl.
1. Wash and peel beet(s) and apples.

Directions

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 4

- 1 large beet
- (or 2 small beets)
- 4 apples, peeled
- 1 tablespoon lemon juice
- 1 tablespoon honey
- Salt (to taste)

Red Beet and Apple Salad



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Adapted from: <http://www.extension.org/pages/63214/easy-veggie-recipe-roasted-red-beets> (accessed September, 2012)

1. Preheat oven to 400° F.
2. Use 1 medium beet per person. Cut stems off; peel beets. Cut beets into 2" pieces.
3. Place in a bowl and toss with vegetable oil to coat (about ½ teaspoon per serving).
4. Place beets in a single layer on baking sheet. Place in oven. Turn beets over about half way through the baking process to prevent scorching. Bake 35 to 45 minutes, or until tender.
5. Serve hot or cold.



To roast beets, try this simple process:
 Roasting beets takes a little time, but the results are amazing. Roasting—using dry heat and time—changes the starch into sugar. This results in a very sweet vegetable.
 Serve them hot as a side dish, try adding them to mixed green salads, or served chilled with a little tart dressing, salt, and pepper.

"Sweet as Sugar" Roasted Beets



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