



Beets

What are they?

Beets are planted in the early spring & can be harvested throughout the season through the late fall. Most people picture beets as a deep purple red, but beets come in a variety of bold colors including dark orange & golden yellow. Beets are a powerhouse of nutrition. The roots contain vitamins A & C and the greens contain large amounts of vitamin C, calcium, and iron.



Storage Tips

Beet greens are best stored separately from the root. Store greens wrapped in a damp cloth or in a plastic bag in the fridge. Use them quickly since they do not keep long. The roots can be stored in the crisper drawer of the fridge in a plastic bag. Beets can be frozen after cooking. Simply chop and flash freeze on a baking sheet until thoroughly frozen. Store in containers for up to a year.



Usage Tips

You may or may not peel the beet root before cooking. It will easily slip off after cooking. Grated beet root can be placed into salads. You can boil or bake a beet root like you would a potato. You can also cube and roast the beet root along with other root veggies. The beet greens, if young, can be eaten raw in salads or sauteed.

A Vegetable E-booklet



RECIPES

Beet Hummus

INGREDIENTS

- 1 cooked beet
- 1 medium garlic clove
- 1 15-oz can chickpeas (1 1/2 c cooked)
- Save the water (aquafaba) from draining your chickpeas
- 2 tablespoons lemon juice
- 1/4 cup tahini
- 3/4 teaspoon kosher salt
- 1/4 teaspoon cumin (optional)
- Cilantro, to garnish

Adapted from www.acouplecooks.com

INSTRUCTIONS

1. Cook the beet (it's easiest to use a leftover cooked beet!)
2. Peel the garlic. Drain the chickpeas. Juice the lemon.
3. Add garlic food processor bowl. Process until finely chopped. Add beet (cut into quarters), chickpeas, lemon juice, tahini, salt, and 3 T. aquafaba. Puree for 30 sec, scrape down bowl. Taste.
4. If necessary, add 1 to 2 T. aquafaba. Puree for 1 to 2 min until it is a creamy consistency. Store refrigerated 7 -10 days.

Sautéed Beet Greens

INGREDIENTS

- 1 bunch beet greens
- 1 teaspoon extra-virgin olive oil
- 1 garlic clove, finely chopped
- 2 tablespoons golden raisins
- Lemon wedge
- 1 tablespoon chopped walnuts or pistachios
- Sea salt & freshly ground black pepper

Adapted from www.loveandlemons.com

INSTRUCTIONS

1. Separate the stems from the beet greens. Finely chop the stems, coarsely chop the leaves.
2. Heat oil in a skillet over med. heat. Add garlic and beet stems and cook, stirring, for 1 minute. Add beet greens, a few pinches of salt and pepper, & sauté, until just wilted.
3. Turn off heat, add raisins, a squeeze of lemon, and toss. Transfer to a platter, top with the walnuts, season to taste with more salt and pepper.