

12 Great Ways to Use...

Beets

This wonderfully versatile ingredient has edible roots and greens. A half cup of beet root has just 30 calories, but contains folate and manganese. A half cup of chopped beet greens have a scant 4 calories, but pack vitamin K, vitamin A, and vitamin C. Grocery stores offer fresh beets, packaged cooked beets (in the produce section), and canned beets, making it easy to integrate them into your meals any time.

- 1.** Toss grated raw beets or sliced cooked beets with finely sliced red onion and dress with a red wine vinaigrette for a slightly spicy and earthy salad.
- 2.** Replace half of the potatoes in your favorite potato salad recipe with golden beets.
- 3.** Top your favorite salad greens with chopped roasted beets and goat cheese.
- 4.** Roast diced beets with other root vegetables like carrots, parsnips, and sweet potatoes with fresh rosemary, crushed garlic, and extra-virgin olive oil.
- 5.** Make a dip by stirring grated cooked beets, garlic, fresh dill or thyme, salt, pepper, and a squeeze of lemon juice into Greek yogurt.
- 6.** Stir cooked grated beets and prepared horseradish into Greek yogurt to create a spicy sandwich spread, dip, or sauce for fish and meats.
- 7.** Blend roasted beets into your next batch of hummus or white bean dip.
- 8.** Stir chopped roasted beets, crumbled feta, and finely chopped beet greens into cooked farro or brown rice and drizzle with extra-virgin olive oil and lemon juice.
- 9.** Braise sliced beets with sliced red cabbage and beet greens with a little bit of apple cider vinegar and caraway seeds.
- 10.** Build a sandwich on your favorite whole grain bread with baby spinach, sliced cooked beets, chives, and cream cheese.
- 11.** Sauté beet greens in olive oil with sliced onions, crushed garlic, salt, and red pepper flakes.
- 12.** Poach diced beets in honey (1 part honey : 3 parts beets : 6 parts water; simmer on low heat until the beets are tender and the liquid is reduced to a syrup). Serve over plain Greek yogurt or vanilla ice cream for an easy and delicious dessert.



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