



Beets

Vegetable - Root

Food Facts

Serving Size = 1 cup / 1 medium beet

- **My heart BEETS for you!** Beets are high in nitrates which research suggests improve cardiovascular health.
- **Storage** - Keep unwashed beets with stems removed in the fridge for up to 2 months. To freeze, chop beets into uniform sizes, boil for 30 minutes, transfer to ice bath, then place in freezer-safe bag and store for up to 1 year.
- **Nutrition** - Beets are a good source of vitamins and minerals, such as folate, manganese, potassium, iron and vitamin C.



How to Use

- **Added beets to a salad for extra texture and color.**
- **Cook it! Roast it! Steam it! Sautee it!** Beets can be prepared in a variety of ways. Toss with olive oil, salt, and pepper for a simple and flavorful side dish.



Roasted Root Vegetables

Serves: 6

Ingredients

Nonstick Cooking Spray

2 Beets

6 Carrots

2 Sweet Potatoes

1 tablespoon - fresh thyme, chopped
(or 1 teaspoon dried thyme)

1 tablespoon - fresh parsley, chopped
(or 1 teaspoon dried parsley)

1/2 teaspoon - Salt

1 1/2 tablespoons - Vegetable Oil



Instructions

1. Preheat oven to 450°F. Line 2 baking sheets with aluminum foil and lightly spray with nonstick cooking spray. Set aside.
2. Peel beets, carrots, and sweet potatoes and cut each one lengthwise into 1/2-inch slices.
3. In a bowl, mix thyme, parsley, and salt.
4. In a bowl, toss vegetables with vegetable oil. Sprinkle in mixed herbs. Toss again.
5. Spread vegetables in a single layer on prepared baking sheets. Bake until vegetables are tender and golden, turning occasionally with tongs, 20 to 25 minutes.
6. Transfer to a dish and serve.

Nutrition Facts

Serving Size 1.00 cup

Serving Per Container 6

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 4 g 5%

Saturated Fat <1 g 3%

Sodium 260 mg 11%

Total Carbohydrate 15 g 5%

Dietary Fiber 4 g 14%

Protein 2 g

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

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