

# BEET

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GREATER  
CHICAGO  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Beets are in the same family as spinach, chard and quinoa.
- Beets can be red, orange, yellow, white, and red and white striped.
- Select firm, smooth beets. Beet greens are edible, and if eating select beets with bright green tops.
- 1 cup of sliced cooked beets contains:
  - 34% of your recommended daily value of folate, which supports brain development and function
  - 28% of your recommended daily value of manganese which helps with bone and skin formation and the stabilization of blood sugar



## PREPARE

Beets can be eaten raw or cooked. Scrub clean before cooking or eating. Peel if desired. Beet greens can be eaten raw or cooked on the stove top like spinach, kale or collards.

Try beets:

- *Roasted* in foil with peels on (remove peels after cooking)
- *Thinly cut and baked* into chips
- *Boiled* until tender

## STORE

- Before storing, cut greens from beets. Store beets unwashed in a plastic bag in the refrigerator for 2-3 weeks. Store cooked beets for 3-5 days.
- If saving greens, rinse, dry, and store in a plastic bag with a paper towel in the refrigerator for up to 2 weeks.
- Cook and peel beets before freezing. Place beets on a cookie sheet and place in freezer until frozen. Transfer to freezer safe bags for 8-12 months.