

Beets

Key Points

- For the best buy, choose firm, smooth beets which have a rich, dark color.
- To prepare beets, remove greens, leaving 1 inch of stem. Scrub well. Beets may be roasted, boiled or eaten raw.
- To keep fresh, store beets in the refrigerator and use within 2 weeks.
- Beets contain fiber which helps to keep you regular.



Roasted Beet Salad

Ingredients:

4 beets, greens removed
2 tablespoons mustard
1 tablespoon vinegar
2 teaspoons vegetable oil
1 teaspoon sugar
Salt and pepper to taste
4 cups lettuce

Directions:

1. Preheat oven to 400°F.
2. Place beets on large square of foil. Close up foil tightly. Place on baking sheet.
3. Roast beets for one hour or until beets are tender.
4. Let cool slightly and remove beets from foil.
5. Peel off skins and slice the beets.
6. In a large bowl, mix together the mustard, vinegar, oil and sugar.
7. Add beets to bowl. Stir gently.
8. Serve over the lettuce and enjoy!
9. Refrigerate leftovers.

Makes 6 servings.

Beets with Orange Sauce

Ingredients:

1 can beets (15 ounces), drained
1/2 cup orange juice
1 teaspoons canola oil or vegetable oil
2 teaspoons sugar
2 teaspoons vinegar

Directions:

1. Place beets, orange juice, oil, sugar, and vinegar into a medium pot.
2. Heat pot over medium heat until sugar has dissolved.
3. Serve hot or cold. Enjoy!

Makes 4 servings.

Quick Tips

- Use care when removing the skin of cooked beets. The red juice can stain towels, counters and sinks. Use salt to remove juice stains from hands.
- Add cooked sliced beets to salads.
- Don't throw out the beet greens! Rinse, chop and cook in soups and stir fry dishes!
- Remember to rinse all fruits and vegetables before using.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Roasted Beet Salad

Recipe Name:
Beets with Orange Sauce

| Nutrition Facts | | | |
|--|-----------------------------|------------------------|-----------|
| Serving Size (99g) | | Servings Per Container | |
| Amount Per Serving | | | |
| Calories 45 | Calories from Fat 15 | | |
| | | % Daily Value* | |
| Total Fat 1.5g | | | 2% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 170mg | | | 7% |
| Total Carbohydrate 7g | | | 2% |
| Dietary Fiber 2g | | | 8% |
| Sugars 5g | | | |
| Protein 1g | | | |
| Vitamin A 45% | • | Vitamin C 20% | |
| Calcium 2% | • | Iron 4% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

| Nutrition Facts | | | |
|--|-----------------------------|------------------------|-----------|
| Serving Size (143g) | | Servings Per Container | |
| Amount Per Serving | | | |
| Calories 70 | Calories from Fat 10 | | |
| | | % Daily Value* | |
| Total Fat 1.5g | | | 2% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 210mg | | | 9% |
| Total Carbohydrate 13g | | | 4% |
| Dietary Fiber 2g | | | 8% |
| Sugars 10g | | | |
| Protein 1g | | | |
| Vitamin A 2% | • | Vitamin C 35% | |
| Calcium 2% | • | Iron 10% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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