PANTRY POSSIBILITIES

BEETS



WAYS TO USE

- Roast
  - Canned beets: drain, pat dry with a paper towel, and then roast at 400° for 15 minutes, turning once halfway through, just until they warm through and develop a light outer edge.
  - Raw beets: cut off root and stem ends, wash thoroughly, roast at 425° until tender (about 30-45 minutes). Let them cool, then carefully remove the peel with a vegetable peeler.
- Puree
  - Mash canned or roasted raw beets, garbanzo beans, and garlic with lemon juice to make a flavorful hummus. Use a fork or food processor. Try it with crackers or cut veggies.
- Salad
  - Raw or canned beets - Wash thoroughly, cut off the root and stem ends, peel, and slice into ¼" thick flat discs. Stack 2 discs together at a time and slice down evenly to create strips (see photo). Cut into cubes. Add to diced apples and diced carrots with olive oil, lemon juice and salt for a nutritious salad.



Beet Potato Hash

Ingredients:

- ½ lb of potatoes, scrubbed and diced into small cubes
- can of beets, drained, patted dry, and diced into small cubes
- olive oil
- 1 small onion, diced into small pieces
- 4 eggs
- salt and pepper

Instructions:

- Place the diced potatoes in a high-sided skillet and boil until tender, but not mushy.
- Drain the skillet and wipe dry.
- Heat the olive oil on medium heat. Add the potatoes and beets. Cook until potatoes turn golden brown.
- Add the diced onions and cook until tender.
- Make 4 wells (or circles) in the mixture and crack an egg into each opening. Cover the pan and cook until the egg whites are firm (about 5-6 minutes).
- Sprinkle with salt and pepper.

Storage Tip

Store raw, unwashed beets in the refrigerator in a loosely closed bag and they will keep for 1-3 months.

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FOOD BANK

Good for you!

Beets get their color from betalain, an antioxidant that reduces inflammation and may protect against cancer.