

# Beets



Beets are a root vegetable that come in a variety of colors: red, white, golden, and candy cane striped. The beet and leafy greens are edible.

## Used in:

Side dishes, soups, salads, casseroles, pickles, risottos, dips, smoothies

## What do they taste like?

Beets have an earthy, slightly sweet flavor. The greens taste similar to dark leafy greens with a mild bitterness.

## How do I store, save, and freeze them?

Store unwashed beets in the refrigerator for up to one month, in a drawer if possible. Wrap greens in a damp paper towel before refrigerating.

To freeze: Boil whole until tender 25-30 for small and 45-50 minutes for medium sized beets. Cool, peel, slice or cube. Freeze in freezer safe

containers. Label and date. Use within 8-12 months.

## How do I prepare them?

1. Trim the tops (greens) off beets.
2. Save greens for later use or if cooking, rinse under water.
3. Rinse beets under water, scrubbing gently to remove dirt.
4. Prepare according to recipe instructions.

## How do I cook them?

**Roasting:** Toss whole beets with oil, wrap in foil, place on baking sheet, and bake at 400°F for 45-60 minutes. Cool and peel. Season and slice.

**Microwave:** Place whole beets in a microwave-safe dish with ¼ cup water. Cover and microwave on high for 5-10 minutes, flipping beets halfway. Cool and peel. Season and slice.

**Sautéing Greens:** Heat pan on medium heat with oil until it shimmers. Add greens and garlic and cook for 3-5 minutes until wilted and tender. Season.

**Cooking Tips:** 1 pound of fresh beets = 2 medium beets with tops = 3 medium, trimmed = 2 cups sliced or diced. 15 ounce can of beets = about 1 cup drained.

**Seasoning ideas:** Savory: salt, pepper, rosemary, allspice, cumin, thyme, lemon. Sweet: honey, cinnamon



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*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Beets from SNAP-Ed NY:



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