

## BEET

### Types

**Color:** red, golden, white, striped.

**Shape:** round, oblong.

### Selection Info

Purchase beets that still have the leaf stems attached. Look for small beets with firm, blemish-free skin and that have bright green leaves that are not wilting. Avoid large beets because they may be tough and woody.

### Preparation

Beets can be eaten raw, or they can be roasted, baked, boiled, or microwaved.

**Raw:** Rinse beets in stream of cold water, cut tops and roots off beet and peel. Cut into thin, round slices and eat them with your favorite dip. Or, grate or process beets in food processor to top a salad or add to coleslaw. Note: if you rinse the beet shreds and squeeze dry they will not color the other vegetables.

**Roast:** Heat oven to 400°F. Rinse beets in stream of cold water, cut tops and roots off beet and peel. Cut from stem to root and lay flat on cutting board. Cut beets into 1/2-inch cubes and toss in a bowl with olive oil and a little salt. Spread beets in a single layer on a baking sheet and bake for about 45 minutes. Beets are done

when they are tender when you poke them with a fork.

**Bake:** Heat oven to 400°F. Wash beets in cold water, and cut off tops and roots. Wrap in foil, place on baking sheet. Bake beets for about an hour. After cooling, remove from foil. Rub the beets gently to remove skins. Serve mashed or sliced with butter, salt, and pepper to taste.

**Boil:** Cook unpeeled beets in boiling salted water about 45 minutes, or until you can easily slice them with a sharp knife. Remove from heat and immerse them in cold water. Use a damp cloth to remove the skins.

**Microwave:** Wash, peel, and cube beets. In a microwave-safe dish, add 2 tablespoons of water per 2 ½ cups of beets. Cover with a lid and cook about 5 minutes and stir. Cook an additional 3 minutes. Repeat until tender.

### Storage

**Short-Term Storage:** Remove stems and leaves. Store in a bag with a damp paper towel in the refrigerator, and use within 7 to 8 days.

If leaves are crisp and bright green, store the greens separately in plastic bag with a damp cloth.

**Long-Term Storage:** Beets can be frozen, pickled, dried or canned. To freeze beets, trim and peel them, cut them into desired size, and pack in freezer bags. Store them up to 3 months.



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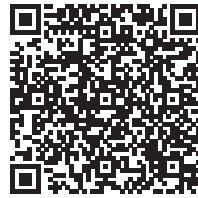
# BEET AND SPINACH COUSCOUS

## Ingredients


- 1 tablespoon olive oil
- 2 tablespoons shallots (chopped)
- 1 cup couscous (uncooked)
- 1 1/2 cups fresh beets (sliced)
- 1/4 teaspoon salt
- 1 cup spinach leaves

## Directions

1. Heat olive oil in a skillet over medium-high heat.
2. Add chopped shallots and sliced beets and cook for about 5 minutes.
3. Stir in couscous and cook for another minute.
4. Add water and salt. Bring the water to a simmer, cover, and let simmer until the couscous are tender (about 10 minutes).
5. Remove from heat and stir in spinach. Stir gently until the spinach wilts.
6. Serve warm.



Learn more about **BEET** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=beet>.

 *Share your recipes!*

### Nutrition Information

Serving Size 1/4 of recipe

Nutrients	Amount
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Total Calories	200
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Protein	7g
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Carbohydrates	40g
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Dietary Fiber	4g
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Total Fat	1.5
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Saturated Fat	0g
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Cholesterol	0mg
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Sodium	200mg
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