



Give Them More
of the
Good Stuff!

Beet Basics

Beets are packed with nutrients, including fiber, iron, folate, potassium and antioxidants.

Shop and Save

❁ Beets should be round and firm with smooth skins and a deep color. If the greens are attached and you plan to use them, they should be green and fresh, not wilted.

❁ Small to medium sized beets (up to 2½ inches across) have better flavor. Choose beets that are about the same size so they will cook evenly. The larger the beet, the longer the cooking time will be.

❁ Fresh beets are available year round but might be less expensive and fresher from July through October.

❁ Buying canned beets might save you money and time.



White Beets



Red Beets



Chioggia Beets



Golden Beets

Easy Sautéed Beet Greens

Heat 2 teaspoons oil in a medium-size pan over medium heat. Add the cleaned and chopped greens from 2 bunches of beets (4 to 5 cups without stems) and 2 cloves of garlic, minced. Stir until just wilted, then reduce heat to low and stir occasionally for 5 to 8 minutes until soft.

When done, stir in 1 teaspoon lemon juice, 1/8 teaspoon red pepper flakes and a dash of salt. Makes about 1 cup.

Store Well Waste Less



- You can use beet greens raw in salads or cooked as a side dish. Remove leaves from beets, if still attached, and store separately in an open bag. Use within 2-3 days.
- Store unwashed beets in open or perforated plastic bags (20

holes per medium bag) in the refrigerator. Use within 3 weeks. Scrub gently under running water before cooking.

- Cooked beets can be frozen. Package in airtight containers, label and date.

- 1 pound fresh beets = 2 medium beets with tops = 3 medium, trimmed = 2 cups sliced or diced
- 15 ounce can of beets = about 1 cup drained

After eating beets, some people notice their urine turns pink or red. This is surprising, but harmless.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Beets

Cook Fresh Beets

Cook beets ahead to shorten time to make a recipe. Beets are done when they can be pierced to the center with a dull knife. Refrigerate; use within 5 days.

Keep nutrients and color by cooking beets with the skin on and the stem and root ends trimmed to about one inch. After cooking, slice off the ends and discard. The skin softens after cooking and can be eaten or removed. To remove, rub off with your fingers or a paper towel.

Cook whole, unpeeled beets:

Boil - cover with water and simmer for 30 minutes or more depending on size.

Microwave - pierce the skin and place in microwave-safe dish with 2 to 4 tablespoons of water. Cover and microwave on HIGH for 10 to 15 minutes depending on size and number of beets.

Roast - try our recipe.

Slow cooker - wrap each beet in foil. Cook for 2 to 4 hours on HIGH.

Cook cut, unpeeled beets:

Roast - place on a baking pan, drizzle with oil, sprinkle with salt, pepper and herbs as desired. Cook for about 45 minutes in a 400 to 425-degree F oven.

Un-beet-able Berry Smoothie



Ingredients:

- 1 cup **pineapple juice**
- 1 cup low-fat plain or vanilla **yogurt**
- 1½ cup fresh or frozen **berries**, any type
- ½ cup **beets**, canned or cooked
- 1 small frozen **banana** (optional)

Directions:

1. Combine all ingredients in a blender.
2. Blend until smooth; serve right away.
3. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 5 minutes

Roasted Beets

Ingredients:

- 1 pound (3 to 4 medium) **beets**
- 2 teaspoons **vegetable oil**
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Preheat oven to 400 degrees F.
2. Place washed and trimmed beets on a piece of foil, drizzle with oil and seal edges closed. Foil keeps the beets moist and makes clean-up easy.
3. Place beets on a baking sheet. Roast for 45 to 60 minutes until they can be pierced to the center. Open foil carefully when testing for doneness.
4. When beets are cool enough to handle, slice off ends and remove skin if desired.
5. Season with salt and pepper. Serve now or use in another recipe.
6. Refrigerate leftovers within 2 hours.

Makes 4 servings

Prep time: 5 to 10 minutes

Cook time: 45 to 60 minutes

Go to
FoodHero.org
for easy, tasty
beet recipes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- safely handle sharp lids when opening cans.
- fill a blender part way and be sure the lid is on tight.