

# The Recipes . . .

## Roasted Beet Salad

4 medium sized red beets

Olive oil for coating

### For the Dressing:

1 rounded teaspoon dijon mustard

1 tablespoon red wine vinegar

3 tablespoons extra virgin olive oil

Salt & pepper to taste

### For the Salad:

6 ounces chèvre (goat cheese)

1 batch [caramelized onions](#)

1/3 cup candied walnuts

3/4 cup alfalfa sprouts

### Instructions

- Preheat oven to 400°F.
- Rinse the beets and pat dry. Place in a covered baking dish. Drizzle with olive oil and rub into the skins.
- Bake covered for 1 to 1 1/2 hours, or until they can be easily pierced with a fork. The time will vary greatly on the size and freshness of the beets.
- Allow to cool, then peel off skin. Dice into 1/2-inch cubes.

### For the Dressing:

- Whisk the mustard, vinegar, olive oil, salt and pepper together and set aside.

### For the Salad:

- Toss the diced beet with the dressing.
- On each of six plates layer the ingredients in the following order: beets, chèvre, onions, walnuts, then alfalfa sprouts. The ring from a mini springform pan can be used for a more structured salad, or the salad can be layered free-form.
- Serve immediately, or chill for up to 1 hour before serving.

## Beet Smoothies

10 oz milk

10 oz fresh squeezed orange juice

1 cup peeled and shredded raw beets

1 fresh mango, cut into chunks

1 cup frozen raspberries

1 cup fresh pineapple chunks

1 cup fresh sliced strawberries

2 frozen bananas

1 avocado

2 tsp vanilla

### Instructions

Combine all ingredients in a blender. Puree until smooth and serve.

## Asian Beets

12 small beets, or one bunch full sized, beets quartered

4 tablespoons butter or oil

2 tablespoons honey

1 tablespoon minced fresh ginger

1 tablespoon soy sauce

### Instructions

Boil or steam beets until almost tender (10-15 minutes)

Rinse in cold water and cut in half

In a sauce pan combine the butter or oil, honey, ginger and soy sauce.

Heat gently, stirring, until sauce is smooth Place foil on cookie sheet. Place the beets on the cookie sheet

Preheat the oven to broil.

Brush sauce on the beets and heat under broiler 5-10 minutes, basting frequently.

Note: You can skip the broiling by steaming the beets until tender and using the sauce on the side for dipping.



# Why eat beets?

Not only are beets tasty, they are very nutritious! Beets are packed with vitamins and minerals: vitamins A, B1, B2, B6 and C, choline, folic acid, iodine, manganese, organic sodium, potassium, iron, calcium, copper and phosphorus. Also,

- **Beets fight cancer.** Beets inhibit the formation of cancer-causing substances, especially cancers of the colon and stomach.
- **Beets help prevent heart and vascular diseases.** Beet greens and roots contain the phytochemical betacyanin, which reduces levels of the homocysteine, an amino acid related to heart and vascular diseases. Plus, compounds in beets dissolve inorganic calcium deposits that cause arteries to harden.
- **Beets guard against Alzheimer's and dementia.** Nitrates in beets open the blood vessels and increase blood flow to the brain, which can help prevent cognitive disorders in older adults.
- **Beets are good for your eyes.** The lutein and zeaxanthin in beets support macular and retinal health.
- **Beets help lower blood pressure** — and prevent clotting and inflammation.
- **Beets may help you exercise longer.** A recent study found that a compound in beet juice increases stamina and makes exercise less tiring.
- **Beets are good for your skin.** Beets contain vitamin A, which maintains healthy skin and mucus membranes as well as protects against lung and mouth cancers.
- **Beets are natural blood cleanser and colon cleanser.**

## Tips for Selecting and Storing Beets

- Select beets that are firm. Older beets are spongy.
- Select beets with fresh, dark green leafy tops (greens). Older greens & beets will have a yellow tinge.
- Store beets in the fridge.
- When using *raw* beets, the beets are generally peeled first. Use a vegetable peeler to peel raw beets. If you roast or boil the beets, the skin slips off easily.
- **Beet greens** are edible and can be used raw in salads, sautéed, steamed or boiled. They're also good in soups. Greens are loaded with potassium, vitamin A and calcium.
- Beets are terrific when juiced — they're a good cleanser. However, you have to be very careful about how much you use or it will shock your system. Find a good, reliable juicing recipe and stick to the measurements.



# You Can't Beat BEETS for Nutrition

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