

Beets

The sweet taste of beets comes from having more sugar than any other vegetable. Don't let this keep you from eating them, since they have relatively little sugar compared to other non-vegetable foods. They're filled with nutrients and provide you with

two options in one plant: not only can you eat the round, red root, but you can also enjoy the beet greens (for recipes using beet greens, see the "Greens for cooking" section). It might surprise you to know that in ancient civilizations, only the green part of the plant was eaten.

Now beet-lovers know the pleasure of eating the root as well. We also know that beets can be enjoyed for an extended period of time since they keep for up to 3 months or more when properly stored!



Harvard Beets

Makes 4 servings *Sue Bodette, Vergennes*

Ingredients:

5 beets (about 1 1/4 pounds)	1 Tablespoon sugar
6 cups water	1/8 teaspoon salt
1 teaspoon vinegar	1/8 teaspoon pepper
1 Tablespoon cornstarch	2/3 cup cold water
	1/4 cup vinegar

Directions:

1. Rinse beets.
2. Heat 6 cups water and 1 teaspoon vinegar to a boil.
3. Add rinsed whole beets.
4. Cover and heat to boiling.
5. Cook 35 to 45 minutes or until fork-tender.
6. Drain beets and rinse with cold water.
7. Slip off skin and remove beet ends.
8. Slice into shoestring pieces.
9. In small saucepan, stir together cornstarch, sugar, salt, and pepper.
10. Gradually stir in water and vinegar.
11. Cook stirring constantly until mixture thickens and boils.
12. Boil one minute.
13. Stir in beets and heat through.

Nutrition Facts

Serving Size 1 Serving (202g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **16%**

Sugars 11g

Protein 2g

Vitamin A 0% • Vitamin C 25%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Beets do not need to be peeled—only scrubbed clean. If you want to peel them, do so after they have been cooked.
- Beets will last the longest amount of time in storage if you cut off the leaves and remove the stems 1 to 2 inches above the root crown. Then store the beets in a plastic bag placed in the vegetable drawer of your refrigerator.

Complementary Herbs

basil
chives
dill
parsley

Red Beet Chocolate Cake

Makes 16 servings

Ingredients:

- 1 3/4 cups flour (try using half whole-wheat flour and half white flour!)
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 1/2 cups sugar
- 2 eggs
- 1/2 cup canola oil
- 2 cups beets, mashed or puréed
- 6 Tablespoons powdered cocoa
- 1 teaspoon vanilla
- Confectioner's sugar (optional)



Directions:

1. Preheat oven to 350 degrees F.
2. Oil or spray a 13- x 9-inch baking pan (or whatever size is available).
3. In a mixing bowl, stir together flour, baking soda, cocoa, and salt.
4. In another mixing bowl, combine sugar, eggs, and oil. Beat until smooth.
5. Add beets and vanilla. Beat until smooth.
6. Gradually add dry ingredients, beating well after each addition.
7. Pour into oiled or sprayed baking pan.
8. Bake for 25 minutes (until a knife inserted comes out clean)
9. Cool in pan.
10. Optional: Sprinkle with confectioner's sugar.

Source: "Farm Journal's Choice Chocolate Recipes," Elise W. Manning, Farm Journal, Inc., Philadelphia, PA, 1978

Nutrition Facts

Serving Size 1 Serving (82g)
Servings Per Container 16

Amount Per Serving

Calories 210 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 0.5g **3%**

Cholesterol 25mg **8%**

Sodium 230mg **10%**

Total Carbohydrate 32g **11%**

Dietary Fiber 1g **4%**

Sugars 21g

Protein 3g

Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.