

# Foods For Thought

From the Vegetable Garden Team of Eden Mill

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Featuring:

## BEETS



Presented by  
Harford County  
Master  
Gardeners  
and  
Family &  
Consumer  
Sciences  
Educator.

### Maple Roasted Root Vegetables

#### Ingredients

½ c. quartered shallots or small onions  
1 ½ cups diagonally cut carrots  
1 1/2 cups turnip wedges  
1 1/2 cups golden or red beet wedges  
2 tablespoons olive oil  
2 tablespoons maple syrup  
2 teaspoons chopped fresh rosemary  
1/2 teaspoon salt  
1/2 teaspoon black pepper

#### Instructions

Preheat oven to 450°F. Place shallots or

onions, carrots, turnip wedges, and beet wedges on a foil-lined baking sheet. Drizzle with olive oil; toss to coat. Bake at 450°F for 20 minutes. Add maple syrup, rosemary, salt, and pepper; stir well to combine. Bake 10 minutes or until tender. Serving size 3/4 cup.

#### Nutrition information

Calories 162, Fat 7.1g, Protein 2g, Carbohydrate 24g, Fiber 5g, Cholesterol 0.0mg, Sodium 349mg

### Roasted Beet and Orange Salad

#### Ingredients

6 medium sized beets  
2 tablespoons extra virgin olive oil  
3 heaping cups arugula or other greens (Swiss chard, kale, spinach, etc.)  
3 oranges, peeled and cut into wedges  
½ cup walnuts  
½ cup goat cheese crumbles or feta cheese (optional)

#### For the beet salad dressing:

3 tablespoons orange juice  
¼ cup extra virgin olive oil  
2 tablespoons white vinegar  
1 tablespoon honey  
salt and pepper to taste

#### Instructions

Preheat oven to 400 degrees F. Peel the beets with a vegetable peeler and slice into 2" pieces. Line a baking pan with a piece of aluminum foil. Place the beets in

the middle of the sheet of foil and drizzle one tablespoon olive oil over the beets. Fold up edges and pinch to close. Place on baking pan. Bake for 30 minutes or until tender.

While the beets are roasting, prepare the dressing by whisking together the orange juice, olive oil, white balsamic vinegar, and honey.

Once beets are roasted, mix them together with half of the salad dressing. Layer greens on plate or bowl then top with beets, orange wedges, walnuts and goat cheese. Drizzle with remaining dressing, as desired. Season with salt and pepper, to taste. Makes 3 large servings.

#### Nutrition information

Calories 384, Fat 29g, Protein 8g, Carbohydrates 26g, Fiber 5g, Cholesterol 10mg, Sodium 163mg



## Who said this?

"What did the carrot say to the wheat?  
Lettuce rest, I'm feeling beet."

~Shel Silverstein - children's poet



"You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients."

~Julia Child - chef, author, and TV personality

## Believe It or Not!

- Beet juice has been used as red dye since the 16th century. The Victorians dyed their hair with beet juice in 19th century England.
- Some cultures believe that if a man and woman eat from the same beet, they will fall in love.
- Astronauts eat beets! In 1975, during the Apollo-Soyuz Test Project, astronauts from Apollo 18 were welcomed with beetroot soup (borscht) at zero gravity by cosmonauts from the USSR's Soyuz 19.
- The red veined leaves of beets can be prepared like any other green. Put them in a salad, use as a side dish, or even mix with pasta.



## What is... a Beet?

Beetroot (*Beta vulgaris*) is a root vegetable also known as red beet, table beet, garden beet, or just beet. Beetroots are delicious raw but more frequently cooked or pickled. Their leaves — known as beet greens — can also be eaten. There are numerous types of beetroot, many of which are distinguished by their color — yellow, white, pink, or dark purple.

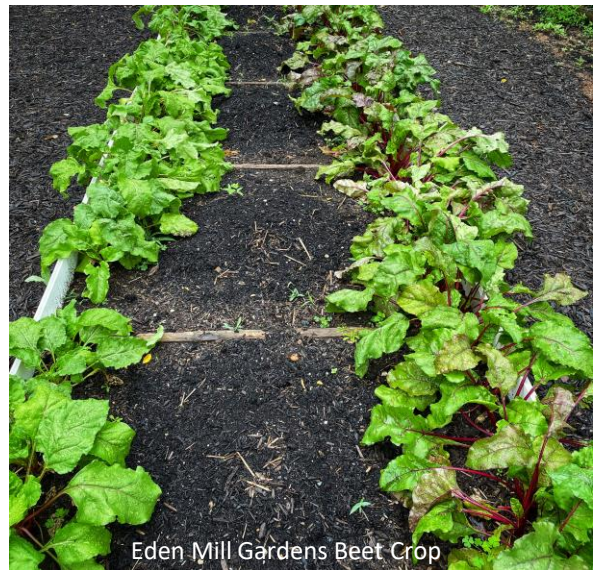


Beet tops may be cooked and eaten, as they are an excellent source of vitamin A, iron, and beta-carotene. Beets are also a great source of fiber, folate, and potassium. If you'll be eating beets raw, you'll want to peel off the hard outer skin with a vegetable peeler. Fresh, raw beets can be finely grated into salads for color or used as a garnish for soup. But beets are usually roasted, boiled or steamed and cut into thin slices, cubes or chunks.


## Health Benefits

Packed with essential nutrients, beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

*Source: Healthline*



# MASTER GARDENER

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