

## BEET DELIGHT

<b>Culinary Intro:</b>	Beets come in a variety of colors: from deep red purple to bright orange or yellow. Delicately sweet with a slight earthiness, beets can be eaten raw or cooked. Cooking them allows for their natural sugars to develop.
<b>Nutrition Intro:</b>	Beets are of exceptional nutritional value, they are low in fat, full of vitamins and minerals and packed with powerful antioxidants.

<p><b>Prep Time:</b> 30 minutes</p> <p><b>Ingredients for 4-6 servings:</b></p> <p><b>Each serving = about 1 beet</b></p> <p><b>Cost per serving=\$0.81</b></p> <ul style="list-style-type: none"> <li>• 2 bunches beets, about 1 ½ pounds in weight</li> <li>• juice of ½ lemon, or to taste</li> <li>• 1 teaspoon balsamic vinegar, or to taste</li> <li>• 1 Tablespoon extra-virgin olive oil</li> <li>• ¼ cup parsley, chopped</li> <li>• ¼ cup dill, chopped</li> <li>• ½ cup goat cheese or feta, crumbled</li> <li>• freshly ground black pepper, to taste</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Wash and trim the tops of the beets. Place in a pot with enough water to cover. Bring to a boil, cover, then turn down heat to a simmer. Simmer until tender, about 20 minutes. Drain and let cool slightly. Once cool enough to handle, rub the skins off and chop or slice. Alternately, place beets in a baking dish. Cover with foil and bake in a 400°F-preheated oven for about 45-60 minutes, depending on their size. Cool slightly, then rub skins off and chop or slice.</li> <li>2. Make the vinaigrette: combine the lemon juice, balsamic vinegar, and olive oil. Whisk well to combine.</li> <li>3. In a bowl, combine the beets and herbs. Pour the dressing on top and toss lightly. Sprinkle the goat cheese or feta on top, grind the black pepper on top, and serve. Enjoy warm or chilled.</li> </ol>	<p style="text-align: center;"><b>Culinary/ Nutrition Notes for Demo:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle; width: 50px;"><b>1</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• beets can be eaten raw, but when cooked, their natural sugars develop</li> <li>• once the beets are cooked, their skins should rub right off; wear gloves and be careful with clothing</li> <li>• choose a variety of beets but prepare separately as the purple ones will bleed into the orange or yellow beets</li> <li>• the tops of the beets can be sautéed like spinach; delicious with garlic</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Beets are a nutritional power house; their greens and bulbs are rich in nutrients and both are edible.</li> <li>• A cup of beets is an excellent source of vitamins A and K, potassium, magnesium and folate, and a good source of fiber.</li> <li>• Beets are rich in nitrate (different from sodium nitrate); research suggests it may help lower blood pressure and increase athletes' performance by decreasing the amount of oxygen needed during exercise.</li> <li>• Beets are one of the richest sources of glutamine, an amino acid, essential to the health and maintenance of the intestinal tract.</li> <li>• Eating beetroot may induce beeturia, a red or pink color in the urine. It is totally harmless.</li> <li>• Beets belong to the same family as chard and spinach. Beet greens, similarly to spinach and chard, contain high levels of oxalate.</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>2</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• balsamic vinegar and lemon are bright contrasts to the earthy sweetness of the beets</li> <li>• letting the beets sit in balsamic vinegar allows them to take on a pickled texture</li> <li>• choose a delicate and mild tasting extra-virgin olive oil</li> <li>• at this point, beets can be dressed with vinaigrette and let to marinate for a few hours</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Olive oil is one of the least processed/refined oils available.</li> <li>• Olive oil is rich in monounsaturated fatty acids which promote heart health when consumed as part of a balanced diet.</li> <li>• All fats have the same amount of calories regardless of their protective properties, try using oils in moderation.</li> <li>• The serving size is two tablespoons vinaigrette or approx. one tablespoon olive oil.</li> </ul> </td> </tr> </table>	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• beets can be eaten raw, but when cooked, their natural sugars develop</li> <li>• once the beets are cooked, their skins should rub right off; wear gloves and be careful with clothing</li> <li>• choose a variety of beets but prepare separately as the purple ones will bleed into the orange or yellow beets</li> <li>• the tops of the beets can be sautéed like spinach; delicious with garlic</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Beets are a nutritional power house; their greens and bulbs are rich in nutrients and both are edible.</li> <li>• A cup of beets is an excellent source of vitamins A and K, potassium, magnesium and folate, and a good source of fiber.</li> <li>• Beets are rich in nitrate (different from sodium nitrate); research suggests it may help lower blood pressure and increase athletes' performance by decreasing the amount of oxygen needed during exercise.</li> <li>• Beets are one of the richest sources of glutamine, an amino acid, essential to the health and maintenance of the intestinal tract.</li> <li>• Eating beetroot may induce beeturia, a red or pink color in the urine. It is totally harmless.</li> <li>• Beets belong to the same family as chard and spinach. Beet greens, similarly to spinach and chard, contain high levels of oxalate.</li> </ul>	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• balsamic vinegar and lemon are bright contrasts to the earthy sweetness of the beets</li> <li>• letting the beets sit in balsamic vinegar allows them to take on a pickled texture</li> <li>• choose a delicate and mild tasting extra-virgin olive oil</li> <li>• at this point, beets can be dressed with vinaigrette and let to marinate for a few hours</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Olive oil is one of the least processed/refined oils available.</li> <li>• Olive oil is rich in monounsaturated fatty acids which promote heart health when consumed as part of a balanced diet.</li> <li>• All fats have the same amount of calories regardless of their protective properties, try using oils in moderation.</li> <li>• The serving size is two tablespoons vinaigrette or approx. one tablespoon olive oil.</li> </ul>
<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• beets can be eaten raw, but when cooked, their natural sugars develop</li> <li>• once the beets are cooked, their skins should rub right off; wear gloves and be careful with clothing</li> <li>• choose a variety of beets but prepare separately as the purple ones will bleed into the orange or yellow beets</li> <li>• the tops of the beets can be sautéed like spinach; delicious with garlic</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Beets are a nutritional power house; their greens and bulbs are rich in nutrients and both are edible.</li> <li>• A cup of beets is an excellent source of vitamins A and K, potassium, magnesium and folate, and a good source of fiber.</li> <li>• Beets are rich in nitrate (different from sodium nitrate); research suggests it may help lower blood pressure and increase athletes' performance by decreasing the amount of oxygen needed during exercise.</li> <li>• Beets are one of the richest sources of glutamine, an amino acid, essential to the health and maintenance of the intestinal tract.</li> <li>• Eating beetroot may induce beeturia, a red or pink color in the urine. It is totally harmless.</li> <li>• Beets belong to the same family as chard and spinach. Beet greens, similarly to spinach and chard, contain high levels of oxalate.</li> </ul>				
<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• balsamic vinegar and lemon are bright contrasts to the earthy sweetness of the beets</li> <li>• letting the beets sit in balsamic vinegar allows them to take on a pickled texture</li> <li>• choose a delicate and mild tasting extra-virgin olive oil</li> <li>• at this point, beets can be dressed with vinaigrette and let to marinate for a few hours</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Olive oil is one of the least processed/refined oils available.</li> <li>• Olive oil is rich in monounsaturated fatty acids which promote heart health when consumed as part of a balanced diet.</li> <li>• All fats have the same amount of calories regardless of their protective properties, try using oils in moderation.</li> <li>• The serving size is two tablespoons vinaigrette or approx. one tablespoon olive oil.</li> </ul>				

<b>Nutrition Facts</b>	
Serving Size 1 cup (132g)	
Servings Per Container 4-6	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 3g	
Vitamin A 6% • Vitamin C 10%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**3**

**Culinary:**

- dill and parsley both belong to the carrot family
- dill has bright, citrus notes that often pair well with lemon and seafood
- parsley has a green, woody notes that complement many foods
- fresh mint would also make a great addition
- serve the salad with fresh whole wheat pita or with a whole grain medley to sop up the juices

**Nutrition:**

- Skip the salt shaker. Use fresh herbs and spices to add flavor to meals, and decrease the amount of added salt in meals and snacks.

**4**

**5**

**Clean-up/Review comments**

**Culinary/ Cook Once, Eat Twice:**  
 This salad will stay fresh for up to 3 days. Beets dressed in vinaigrette alone can last up to 5 days. Serve warm or chilled.

**Nutrition:**  
 Enjoy the nutritional benefits of beets, add them to salads, eat them as a side or snack. Beets are in season July-October.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 large salad bowl</li> <li>5. 1 small whisk</li> <li>6. Medium pot</li> <li>7. mise en place bowls</li> <li>8. silicone spatula</li> <li>9. locked tongs with silicone edges</li> <li>10. measuring cups</li> <li>11. measuring spoons</li> <li>12. paper plates/ cups/ soufflé cups</li> <li>13. paper towels</li> <li>14. tablecloth</li> <li>15. kitchen towel</li> <li>16. gloves</li> <li>17. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 2 bunches beets, about 1 ½ pounds in weight</li> <li><input type="checkbox"/> 1 lemon</li> <li><input type="checkbox"/> 1 small bunch flat- leaf parsley</li> <li><input type="checkbox"/> 1 small bunch fresh dill</li> </ul>	
	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 4 ounce block goat cheese or feta</li> </ul>	
	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small jar mild extra-virgin olive oil</li> <li><input type="checkbox"/> freshly ground black pepper</li> </ul>	
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> plates, napkins</li> </ul>	

**Prepping for demo:**

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe; pre-cook beets, remove skin, and store
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

**Estimated time for preparation:** ½ hour