

TRY IT TUESDAY: BEETS



Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go; Cook, Sous Chef, and Head Chef.

Health Benefits of Cauliflower:

- High in fiber.
- Good source of potassium.
- Can aid blood pressure.
- May help fight inflammation.
- Can improve digestive health.
- Supports brain health.



Cook Challenge:

- Try beets (fresh or canned). Brainstorm ways you could include beets in your diet.



Sous Chef Challenge:

- Visit chefs.org/recipes and choose one of our recipes featuring beets. Make the recipe at home and enjoy with your family!
 - Beet, Strawberry, and Mixed Greens
 - Beet Hummus
 - Beet Delight

Head Chef Challenge:

- Create your own recipe using beets!

