

Beets



Nutritious and Beautiful!
¡Saludable y Bello!

Why do you think Beets are good to eat?

- *Nutritious and low in calories. Good value for your money! You can eat the beet greens and the beet roots. You can eat beets cooked or raw!
- *Picked and brought directly to market – very fresh.
- *A red root vegetable that grows underground – different varieties at market can be golden or candy striped beet root.
- *Peel the beet first (use a potato skinner) before eating or cooking it.

How do you eat beets and beet greens?

- *Eat beets cold! – a great summer food. Cooking increases amount of flavor. Most people grill, boil, or roast them, and then chill in fridge. Eat later as own dish, or in a salad.
- *Beets are delicious raw too – grate beets and add to salads.
- *Get the most bang for your buck - eat the beet greens too. They can be sautéed, steamed, or roasted with any flavors of your choosing, or even tossed straight into a salad raw.

Beets: no fat and cholesterol, with moderate protein content and substantial dietary fiber. In one cup of raw beets, there are 13 grams of carbs, 2 gram of protein, and 15% of your daily value of dietary fiber.

Good source of vitamins: one serving (1 cup) of raw beets provides 11% of your daily value of vitamin C, and 37% of Folate.

Good source of minerals: One serving (1 cup) of raw beets provides 13% of the daily recommended value of potassium, and 22% of manganese.