

SUMMER FRESH! ROOT VEGETABLES



ROOT VEGETABLES

As you may guess, “**root vegetables**” are plant roots that are used as vegetables – yes, we eat the roots of these nutritious plants! Many root vegetables, due to their rich red and orange color, not only are great sources of vitamins A and C and carotenoids/antioxidants, but also contain lots of nutritious minerals and fiber! **Beets** are a root vegetable that we harvest all summer long. Check them out, buy some at your local farmers market or store, roast them in the oven or pickle them, and enjoy (and don’t forget to eat the beet greens)!

Fun facts about beets!

- Beetroot can be used raw, cooked or pickled. It often is used for salads, soups, sides and as an ingredient in dishes made of meat.
- When harvested, the entirety of the plant is edible, from the tips of its leaves, down to its long, pointed root! Leaves of beetroot also are edible. Fresh leaves taste like spinach.
- Beets usually are red to purple in color, but there are also varieties of table beets that have white or yellow roots, and some even have rings of red and white or other colors in their roots. Try them all!
- During the 19th century, women used beetroot for dyeing hair (red)!

Some information adapted from:

http://www.softschools.com/facts/plants/beetroot_facts/661/;

<https://brattf2s.wordpress.com/2012/02/07/interesting-fun-fact-about-beets-by-vern-grubinger/>;

<https://www.self.com/story/10-facts-didnt-know-beets>

Check out the November Commit to Health Foods of the Month newsletter for more information about root vegetables as well as nutritious, yummy recipes!

MANDARIN ORANGE AND BEET SALAD

INGREDIENTS:

- 1 (11 oz) can Mandarin oranges, drained with 2 Tbsp liquid from can reserved
- 2 Tbsp cider vinegar
- 1 Tbsp olive oil
- 1 tsp Dijon mustard
- 2 cups sliced canned or jarred beets, drained
- Salt and freshly ground black pepper

INSTRUCTIONS:

1. In a large bowl, whisk/mix together 2 Tbsp of mandarin orange liquid, vinegar, oil and mustard.
2. Add beets and drained oranges to the large bowl and toss to coat with a rubber spatula or spoon.
3. Season, to taste, with salt and freshly ground black pepper.



Note: **Make it a Meal!** Put this colorful salad on top of some salad greens, then top the salad with some crunchy nuts and pre-cooked chicken breast meat, and you have a colorful, nutritious meal!



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Recipe adapted from:
<https://www.foodnetwork.com/recipes/robin-miller/mandarin-beet-salad-recipe-1950379>



OVEN ROASTED BEETS

INGREDIENTS:

- Beets, scrubbed with leaves trimmed off (*red or gold*) (*leave a little of the stem to hold onto the beet*)
- Olive oil
- Salt and pepper

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Coat beets lightly with oil, rubbing around the entire surface of each beet.
3. Place beets on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes.
4. Remove from the oven, let cool for 10 minutes, and then cut off the stems and tails.
5. Peel the beets by pulling off the skin off with your hands (*try peeling beets in the sink, turn on the water and peel them under the water to help the skin come off*), or by holding the beet in a paper towel and using the edges of the paper towel to rub the skin away.
6. Slice into ¼-in. thick slices, sprinkle with salt and pepper to taste!



Recipe adapted from:
<http://www.geniuskitchen.com/recipe/bobby-flays-roasted-beets-for-recipes-370885>
#activity-feed;
<http://marinmamacooks.com/2016/04/roasted-whole-beets-without-foil/>



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