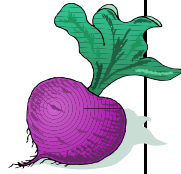


## Beet Salad

- 2 beets
- 1 tablespoon lemon juice
- 1 tablespoon mustard
- 2 teaspoons vinegar
- 1-2 teaspoons oil
- 1/2 teaspoon sugar
- 1 teaspoon dill, or fresh thyme
- Pepper to taste



Cut off beet greens, leaving at least 1 inch remaining. Place beets in a pan of boiling water and cook until tender, depending on size of beet, 15-45 minutes. Cool slightly, peel cooked beets and slice. Combine remaining ingredients in a medium bowl. Stir well. Add beets to the bowl and stir gently to coat with dressing. Refrigerate for one hour before serving.

*Makes 2-3 servings*



## ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

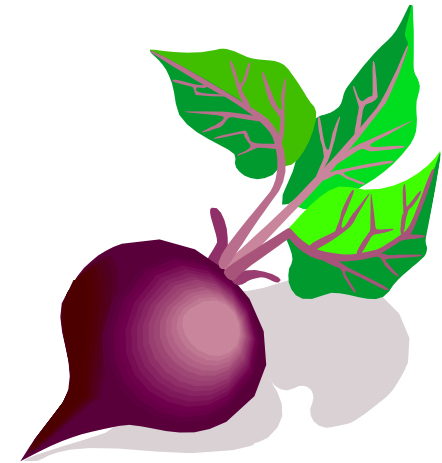
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WIC is an equal opportunity program.

9-2004

Fresh-from-the-Farm:

## Beets

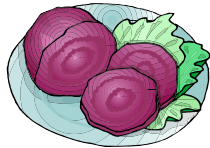


**Washington WIC &  
Senior Farmers  
Market Nutrition  
Program**

*Making it easier to add fresh fruits  
and vegetables to your diet, and  
support local farmers, too!*

## Selection & Preparation

- ◆ Choose small to medium sized beets with firm, smooth skins that have a purple to red color.
- ◆ Avoid beets that are soft or shriveled, or have rough or flabby skins.
- ◆ 1/2 pound beets makes 1 to 2 servings.
- ◆ Beets should be kept cool and dry in the refrigerator and are best when used within 2 weeks.
- ◆ Wash beets well. Cut off greens but leave 1 to 2 inches of stem. Beet greens are edible also and can be eaten as you would spinach. They can be steamed or eaten raw in salad.
- ◆ *Do not peel beets until after they are cooked.* Cook, covered in boiling water until tender, 15 - 45 minutes depending on size. Cool slightly and rub off skins.



## Nutrition Facts

Serving Size: 1/2 cup sliced beets

Amount Per Serving

**Calories 30**

	% Daily Value
<b>Total Fat 0 g</b>	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Sodium 55 mg</b>	<b>2%</b>
<b>Total Carbohydrate 7 g</b>	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4 g	
<b>Protein 1 g</b>	
Vitamin A	<b>0%</b>
Vitamin C	<b>6%</b>
Calcium	<b>2%</b>
Iron	<b>4%</b>
Folate 74 mcg	<b>19%</b>
Potassium 221 mcg	

## Key Nutrients

- ❖ **Folate** - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.
- ❖ **Potassium** - to maintain normal blood pressure levels.
- ❖ **Beet greens** are very nutritious. They are high in vitamin A, calcium, magnesium and *especially potassium*.

## Rainbow Potato Puree

1/2 pound potatoes (1 large),  
peeled and cubed

1 cup peeled and chopped  
vegetables such as beets,  
carrots, broccoli, pumpkin,  
parsnips, etc.

1/8 cup water

1/4 cup low-fat milk

2 teaspoons butter or margarine

Place potatoes, vegetables  
and water in 2-quart microwave  
dish covered with plastic wrap.  
Cook on high power 8-9 minutes,  
let stand 3 minutes. Remove  
plastic wrap; add milk and butter  
or margarine. Mash with a  
potato masher, leaving vegetable  
texture.

