

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*

Healthy Food Healthy Communities

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Contact information:

- ✿ **WIC and Nutrition Enhancement Program: 1-866-867-3124**
- ✿ **New Mexico Connections: 1-800-283-4465**
- ✿ **New Mexico Farmers' Markets: 1-888-983-4400**

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320 Aztec St., Suite B
Santa Fe, NM 87501
505-983-4010
1-888-983-4400



*Fresh from the Farm:
Beets*



- ✿ Nutrition Enhancement Program
- ✿ WIC
- ✿ New Mexico Connections

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

Taste the Difference!

Selection & Preparation

Choose small to medium sized beets with firm, smooth skins that have a purple to red color.

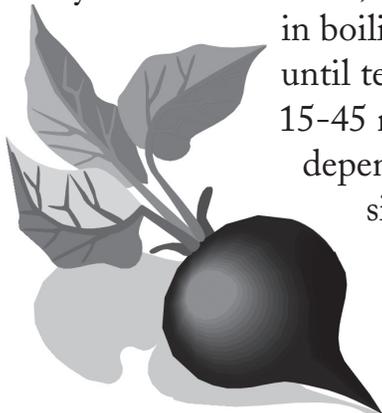
Avoid beets that are soft or shriveled, or have rough or flabby skins.

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

Key Nutrients

Folate - for healthy blood 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.