

BEETS



STORAGE

Take the green tops off and keep the beets in a plastic bag with holes in the refrigerator for up to 3 weeks. You can also store and eat the green tops separately.

HELPS SUPPORT

Heart health, digestion, immune system.

HOW TO USE

Cube beets and potatoes and roast them with a pinch of salt, oil, and other spices in the oven; shred raw beets and add them to a green salad.

COLORS

Red, yellow, pink or white.

BEET & APPLE SALAD

Serves: 4

Preparation time: 20 minutes

INGREDIENTS

- 3 large beets
- 3 apples
- 1 tablespoon lemon juice
- 1 tablespoon honey
- A pinch of salt

INSTRUCTIONS

1. Wash the beets and apples. Then peel the beets.
2. Grate the beets and the apples into a large bowl.
3. For the dressing, mix the lemon juice, honey and salt in a small bowl.
4. Pour the dressing over the grated beet and apples, and mix well.



Photo: EatFresh.org

Adapted from Greater Pittsburg Community Food Bank via EatFresh.org