**Beet Delight**

<table>
<thead>
<tr>
<th>Culinary Intro:</th>
<th>Beets come in a variety of colors: from deep red purple to bright orange or yellow. Delicately sweet with a slight earthiness, beets can be eaten raw or cooked. Cooking them allows for their natural sugars to develop.</th>
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</thead>
<tbody>
<tr>
<td>Nutrition Intro:</td>
<td>Beets are of exceptional nutritional value, they are low in fat, full of vitamins and minerals and packed with powerful antioxidants.</td>
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</tbody>
</table>

**Prep Time:** 30 minutes  
**Ingredients for 4-6 servings:** Each serving = about 1 beet  
**Cost per serving=$0.81**  
- 2 bunches beets, about 1 ½ pounds in weight  
- juice of ½ lemon, or to taste  
- 1 teaspoon balsamic vinegar, or to taste  
- 1 Tablespoon extra-virgin olive oil  
- ¼ cup parsley, chopped  
- ¼ cup dill, chopped  
- ½ cup goat cheese or feta, crumbled  
- freshly ground black pepper, to taste

**Steps:**

1. Wash and trim the tops of the beets. Place in a pot with enough water to cover. Bring to a boil, cover, then turn down heat to a simmer. Simmer until tender, about 20 minutes. Drain and let cool slightly. Once cool enough to handle, rub the skins off and chop or slice. Alternately, place beets in a baking dish. Cover with foil and bake in a 400°F-preheated oven for about 45-60 minutes, depending on their size. Cool slightly, then rub skins off and chop or slice.
2. Make the vinaigrette: combine the lemon juice, balsamic vinegar, and olive oil. Whisk well to combine.
3. In a bowl, combine the beets and herbs. Pour the dressing on top and toss lightly. Sprinkle the goat cheese or feta on top, grind the black pepper on top, and serve. Enjoy warm or chilled.

**Culinary/Nutrition Notes for Demo:**

1. **Culinary:**
   - beets can be eaten raw, but when cooked, their natural sugars develop  
   - once the beets are cooked, their skins should rub right off; wear gloves and be careful with clothing  
   - choose a variety of beets but prepare separately as the purple ones will bleed into the orange or yellow beets  
   - the tops of the beets can be sautéed like spinach; delicious with garlic

2. **Nutrition:**
   - Beets are a nutritional power house; their greens and bulbs are rich in nutrients and both are edible.  
   - A cup of beets is an excellent source of vitamins A and K, potassium, magnesium and folate, and a good source of fiber.  
   - Beets are rich in nitrate (different from sodium nitrate); research suggests it may help lower blood pressure and increase athletes’ performance by decreasing the amount of oxygen needed during exercise.  
   - Beets are one of the richest sources of glutamine, an amino acid, essential to the health and maintenance of the intestinal tract.  
   - Eating beetroot may induce beeturia, a red or pink color in the urine. It is totally harmless.  
   - Beets belong to the same family as chard and spinach Beet greens, similarly to spinach and chard, contain high levels of oxalate.

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Culinary:
- dill and parsley both belong to the carrot family
- dill has bright, citrus notes that often pair well with lemon and seafood
- parsley has a green, woody notes that complement many foods
- fresh mint would also make a great addition
- serve the salad with fresh whole wheat pita or with a whole grain medley to sop up the juices

Nutrition:
- Skip the salt shaker. Use fresh herbs and spices to add flavor to meals, and decrease the amount of added salt in meals and snacks.

Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:
This salad will stay fresh for up to 3 days. Beets dressed in vinaigrette alone can last up to 5 days. Serve warm or chilled.

Nutrition:
Enjoy the nutritional benefits of beets, add them to salads, eat them as a side or snack. Beets are in season July-October.
<table>
<thead>
<tr>
<th><strong>Materials</strong></th>
<th><strong>Shopping List</strong></th>
<th><strong>Qty.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 1 cutting board</td>
<td>□ 2 bunches beets, about 1 ½ pounds in weight</td>
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<tr>
<td>2. 1 knife</td>
<td>□ 1 lemon</td>
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<td>3. 1 bowl for trash</td>
<td>□ 1 small bunch flat-leaf parsley</td>
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<td>4. 1 large salad bowl</td>
<td>□ 1 small bunch fresh dill</td>
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<td>5. 1 small whisk</td>
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<td>6. Medium pot</td>
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<tr>
<td>7. mise en place bowls</td>
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<tr>
<td>8. silicone spatula</td>
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<td></td>
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<tr>
<td>9. locked tongs with silicone edges</td>
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<tr>
<td>10. measuring cups</td>
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<td></td>
</tr>
<tr>
<td>11. measuring spoons</td>
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<td></td>
</tr>
<tr>
<td>12. paper plates/ cups/ soufflé cups</td>
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<td></td>
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<tr>
<td>13. paper towels</td>
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<td></td>
</tr>
<tr>
<td>14. tablecloth</td>
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</tr>
<tr>
<td>15. kitchen towel</td>
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<tr>
<td>16. gloves</td>
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<tr>
<td>17. copies of recipe</td>
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</tbody>
</table>

**Produce**

- 4 ounce block goat cheese or feta

**Dairy**

- 1 small jar mild extra-virgin olive oil

**Condiments**

- Freshly ground black pepper

**Paper Goods**

- Plates, napkins

**Prepping for demo:**

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe; pre-cook beets, remove skin, and store
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

**Estimated time for preparation:** ½ hour

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