



# BEETS



## HEALTH BENEFITS

Dive into a world of natural wellness with the incredible health benefits of beets! These vibrant root vegetables are a true powerhouse of nutrients, packed with essential vitamins and minerals. Rich in dietary fiber, beets aid in digestion and promote a healthy gut, while their impressive levels of antioxidants combat oxidative stress, supporting overall immune function. The natural nitrates found in beets can help improve blood flow, positively impacting cardiovascular health and lowering blood pressure. Moreover, their high iron content contributes to robust red blood cells, enhancing oxygen transportation throughout the body. With each delightful bite, you savor a myriad of benefits, from improved stamina to radiant skin and cognitive sharpness. Embrace the goodness of beets, and elevate your well-being with this nature's gift of nourishment.

## SELECTION & STORAGE

When selecting these jewel-toned veggies, opt for beets that are firm, smooth-skinned, and free of any soft spots or blemishes. The greens attached should be fresh and vibrant, indicating optimal freshness. For the best flavor and texture, choose smaller to medium-sized beets, as they tend to be sweeter and more tender. Once you've selected your prized beets, remove the greens, leaving about an inch of the stems, and store them separately in the refrigerator. The greens can be used in various recipes, so don't let them go to waste! Store the beets in a cool, dark place or in the crisper drawer of your refrigerator for up to two weeks.

## RECIPE OF THE MONTH: ROASTED BEETS WITH FETA

### INGREDIENTS:

- 4 medium beets, peeled
- 1 tablespoon olive oil
- 4 scallions, thinly sliced
- 1/4 cup balsamic vinaigrette
- 1/2 cup feta cheese, crumbled

### DIRECTIONS:

- Preheat oven to 450° F.
- Peel 4 medium sized beets and cut into 1/2 inch pieces and put into a medium size bowl.
- Toss with 1 tablespoon olive oil and the spread on a baking sheet.
- Roast beets for approximately 35 minutes, or until tender.
- Transfer beets back to bowl or serving dish and toss with balsamic vinaigrette, chopped scallions, and feta cheese.

