



JANUARY Beets



½ cup of cooked or raw beets is a good source of folate and manganese. ½ cup of cooked beet greens is a good source of riboflavin, vitamin K, A & C

Beets can be bought fresh or canned. If buying fresh, look for smooth, hard, round beets free of cuts and bruises. If bought with greens attached, look for ones that are not wilted or browned. Separate the greens from the root for storing. Store them in separate plastic bags. The bottoms can be stored in the refrigerator up to two weeks. The greens should be used within one or two days. If buying canned, look for low sodium or no salt added beets.

Beets can be eaten steamed or roasted. The skins will slip off after cooking. Beet greens can be sautéed with chopped onion and garlic for a side dish.

MANDARIN BEET SALAD: Makes 4 servings of 1 cup each. Prep time is 10 minutes.

2 cups canned beets, drained

1 cup canned mandarin oranges (packed in 100% juice)

1 cup currants or raisins

Drain mandarin oranges and keep ¼ cup of the juice. In a bowl, combine beets, mandarins, currants and ¼ cup reserved juice. Mix well. Serve immediately or chilled.

For more recipes, visit: www.cachampionsforchange.net

Information from Harvest of the Month: Network for a Healthy California.