

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Beets

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce Of the Week



What vegetable has a variety that can be used to produce sugar?

### BEETS!

- ♦ Beets are deep red or white in color.
- ♦ They are in season from June to October.
- ♦ Choose beets with firm, smooth skins and non-wilted leaves if still attached. Smaller ones are more tender.
- ♦ Beets can be stored in the refrigerator for up to three weeks.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

- **Beets are a rich source of vitamin C, potassium, magnesium and folate.**
- **They contain no fat or cholesterol and little sodium.**
- **A typical serving size is one beet, which contain about 35 calories.**

### Did you know?

- ♦ Beets have been used as food coloring.
- ♦ Beets are known for their natural detoxifying properties.

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4

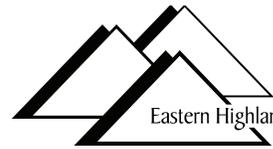


Day 2



Day 7

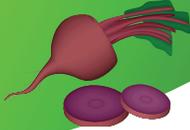




Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!



## Beet Salad with Goat Cheese

### INGREDIENTS

- ◆ 4 medium beets - scrubbed, trimmed and cut in half
- ◆ 1/3 cup chopped walnuts
- ◆ 3 tablespoons maple syrup
- ◆ 1 (10 ounce) package mixed baby salad greens
- ◆ 1/2 cup frozen orange juice concentrate
- ◆ 1/4 cup balsamic vinegar
- ◆ 1/4 cup extra-virgin olive oil
- ◆ 2 ounces goat cheese
- ◆ Salt and Pepper to taste

### DIRECTIONS

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

## Beet Soup

### INGREDIENTS

- ◆ 3 tablespoons olive oil
- ◆ 1 medium onion, chopped
- ◆ 3 cloves garlic, chopped
- ◆ 6 medium beets, peeled and chopped
- ◆ 2 cups vegetable or chicken stock
- ◆ salt and freshly ground pepper
- ◆ light cream

### DIRECTIONS

1. Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 5 minutes. Stir in beets, and cook for 1 minute.
2. Stir in stock, and season with salt and pepper. Bring to a boil; cover, and simmer until the beets are tender, about 20 to 30 minutes. Remove from heat, and allow to cool slightly.
3. In batches, add soup to a food processor, and pulse until liquefied. Return soup to saucepan, and gently heat through. Ladle into bowls, and garnish with a swirl of cream.

Source for recipes: [www.allrecipes.com](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**