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Notes on Beets

Beets have an earthy sweet taste that blends well with meat and salad. They can be eaten raw, boiled, roasted, fried or steamed. Remove the skin easily by boiling or roasting the beet. The beautiful maroon color of the beet can bleed and stain food, add last to avoid purple spots.

Simple Ideas for Beets

- Create a flavorful and healthy side dish by roasting beets and tossing them with blue cheese.
- Make a simple beet salad with a favorite salad dressing or top salads with beets.
- Use beets in stews or soups to add color to the broth.

Beet Cake

Recipe adapted from Jean Kressy, Cooking Light

4	Eggs	3 cups	Beets, shredded
2 cups	Sugar	2 tsp	Vanilla
1 cup	Vegetable Oil		
2 cups	Flour		Frosting:
2 tsp	Baking Powder	1 tsp	Vanilla
1 ½ tsp	Baking Soda	1	8 ounce cream cheese
1 tsp	Cinnamon	3 cups	Powdered Sugar
¼ tsp	Nutmeg	2 tbsp	Chopped Nuts
¼ tsp	Ground Allspice		

- Preheat an oven to 350°. Spray a 13 X 9 baking pan with non stick spray. Beat eggs, sugar and oil until fluffy. Mix together flour, baking powder, baking soda, cinnamon, nutmeg and ground allspice. Combine the flour mixture with the egg mixture. Add the vanilla and shredded beets. Pour batter into the pan and bake for 45 minutes or until a toothpick comes out clean. Set aside to cool. While the cake is cooling, combine the vanilla and cream cheese. Beat until fluffy. Mix in the powdered sugar careful not to over mix. Once the cake is cool, frost and enjoy!

Citrus Beet Salad

- 1 Bunch of Beets
- 2 Large oranges
- 1 Bunch of spinach, cleaned and stems removed

Dressing:

- 2 tbsp Orange Juice
- 2 tbsp Cider vinegar
- 1 tbsp Olive Oil
- 1 tsp Dijon mustard
- Salt and Pepper

- Preheat oven to 400°. Clean beets and cut off top and tip of beet. Wrap the beets in aluminum foil pouch, seal and bake for an hour or until done. While the beets are cooking, peel the oranges and slice them. Make the dressing and set to the side. Once beets are done cool, until they are room temperature. Peel the beets and cut them into quarters. Toss the beets in the dressing. Lay a hand full of spinach on a plate, then the beets and top with orange slices.