

# BEETS



*Produced by the Little Burgundy Coalition's Health and Food Committee and the Osez la santé team at the CIUSSS du Centre-Sud-de-l'Île-de-Montréal*

Colourful and tasty beets will brighten up your meals!

## COOKING THEM

Before cooking, wash beets under running water and brush delicately if needed, without removing the skin or cutting the tip. You can use various cooking methods: boiling, steaming, frying, grilling, etc. Once the beets are cooked, it will be easy to remove the skins.

## VARIETIES

Red beets are the most common, but beets also come in yellow and white. White beets are mostly used for their sugar, and are called sugar beets.

## BUYING THEM

Choose firm and smooth brightly-coloured beets. Same sized beets will cook more evenly. Large beets tend to be more stringy, while smaller ones will be softer and tastier.

## PREPARING THEM

Peel beets if you are going to eat them raw.

## USING THEM

You can eat beets raw, cooked, canned or pickled. You can eat them sliced or grated if you'd like.

Beets add a touch of colour and flavour to your salads, and you can add them to soups as well. Pickled beets make a good appetizer or condiment for your favourite dishes. Beet greens can also be cooked and used just like spinach.

## NUTRITIONAL VALUE

Beets are vitamin and mineral goldmines! They are an excellent source of potassium and vitamin A. They are a good source of vitamin C, magnesium, and riboflavin. They also contain iron, calcium, thiamin, vitamin B6, folic acid, zinc and niacin.

Beet greens also contain vitamins and minerals.

## CONSERVATION

Beets keep well for about 2 weeks in the refrigerator. It is better to keep the stems so that the beets do not dry out too quickly.

Once they are cooked, you can keep sliced beets in vinegar or oil in the fridge over several weeks.

Raw beets should not be frozen because the texture will become soggy after freezing. However, once they are cooked, they can be frozen in various forms.

## DID YOU KNOW THAT ...

After eating beets, your urine and stool may come out beet-coloured. But don't worry, there is no health risk! It is the pigments in the root that cause this reddish tint.

# BEET BURGERS

PREP TIME : 30 MINUTES

COOKING TIME : 30 MINUTES

PORTIONS : 10

## INGREDIENTS

2 cups	Grated beets
2 cups	Grated carrots
1	Onion, chopped
1	Garlic clove, minced
2 cups	Cooked brown rice
1 cup	Strong cheddar cheese
½ cup	Sunflower seeds
3 tablespoons	Parsley, chopped
¼ cup	Canola oil
2	Eggs
2 tablespoons	Soy sauce



*You can also freeze the raw burgers and then cook them later. Keep them separated using parchment paper or plastic wrap.*

## PROCEDURE

Preheat the oven to 350 °F.

In a large bowl, combine the beets, carrots, onion, garlic, rice, cheese, sunflower seeds and parsley. In a separate bowl, mix the oil, the eggs and the soy sauce, and then add this to the other ingredients.

Make the burger patties using your hands.

Bake for approximately 30 minutes.

Serve on hamburger buns with your favourite dressings (ketchup, moutarde, etc.)

# BEET AND CHOCOLATE BROWNIES

PREP TIME : 15 MINUTES

COOKING TIME : 30 MINUTES

PORTIONS : 8

## INGREDIENTS

½ cup	Mashed beets (pureed cooked beets)
½ cup	Sugar
2	Eggs
½ teaspoon	Vanilla extract
½ cup	Vegetable oil
1 ½ square	Unsweetened chocolate
1 cup	All-purpose flour
3 tablespoons	Unsweetend cocoa
a pinch of salt	
1 teaspoon	Baking soda



## PROCEDURE

Preheat the oven to 350 °F. Line a square 9-inch (23 cm) baking tin with parchment paper.

In a big bowl, mix the beets, sugard, eggs, vanilla and oil.

Melt the chocolate in a small pot on low heat and add to the bowl.

In a separate bowl, mix the flour, salt, baking soda and cocoa powder. Add this mix to the first bowl. Mix well to blend. Pour this batter into the baking tin.

Bake for 30 minutes. Let it cool, then add your favourite icing.