

Enjoy Farmers Market Produce



## Beets

Beet tops are rich in vitamin A, iron and potassium. They can be steamed or boiled. Beet roots are rich in potassium. They can be served cooked or raw, hot or cold. If cooking beets, do not peel off the skin until after cooking.

### Summer Beet Salad

- 5 medium beets
- ½ cup walnuts
- ¼ cup orange juice
- 2 Tablespoons vinegar
- ¼ cup olive oil
- salt and pepper
- 2 scallions, chopped
- ½ cup crumbled bleu cheese or feta

1. Trim the greens and tails off the beets.
2. Boil beets until tender, about 15 minutes.
3. Slightly brown walnuts in toaster oven or fry pan, stirring often.
4. To make dressing, beat together orange juice, vinegar, oil, salt and pepper.
5. When beets are cool, peel and chop into thin rounds.
6. In medium bowl, add beets, dressing, toasted walnuts, scallions and bleu cheese or feta.

### Other ways to enjoy beets

- Grate raw and add to salads
- Cook and bake with apples
- Add to mashed potatoes

Adapted from recipe by Suzanne Fischer, a Minneapolis chef and volunteer at the Minneapolis Midtown Market.



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increasing physical activity and reducing tobacco use. To learn more, email [minneapolis.steps@ci.minneapolis.mn.us](mailto:minneapolis.steps@ci.minneapolis.mn.us) or visit [www.stepstohealthiermn.org](http://www.stepstohealthiermn.org)