

Beets: Too Good To Waste



Store: Keep beets firm by cutting the tops off. Refrigerate in an open container with a damp paper towel or in a high humidity crisper drawer up to 2 weeks.



Freeze cooked beets for up to 18 months in an airtight container.

Cook: Eat roasted at 400° for 20-30 min., microwave 2-4 min. per beet, or fresh (peeled and grated). Steam beet greens 5-15 min. over medium- low heat.

Use it up: Add to salads, soups or stir-fry. Use roasted beets in place of meat on sandwiches... and compost the rest.



Developed by
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Funded in part by the Centers for Disease Control and Prevention and in part by USDA SNAP-Ed, an equal opportunity provider and employer.