

Beets

Beets can be eaten raw or can be microwaved, roasted, or boiled. Rinse well, trim the ends, and cover your cutting board to avoid staining!

- Rinse well, trim ends and place in microwave-safe dish with 1 inch water. Microwave for 2-4 minutes per beet, until tender. Let cool, then rub the skin off with your fingers. Cut into cubes and add to salads, or lightly toss with vegetable oil for a simple side dish.
- Cut into bite-size chunks and toss in vegetable oil. Add chopped onions and garlic, and other root vegetables like turnips, sweet potatoes, or parsnips. Top with salt and pepper. Roast at 400 degrees for 20-30 minutes, then serve as side dish.
- Grate raw beets onto salad, or mix with other grated root vegetables.
- Cut off green tops and store in plastic bag in the refrigerator.



Beets

Beets can be eaten raw or can be microwaved, roasted, or boiled. Rinse well, trim the ends, and cover your cutting board to avoid staining!

- Rinse well, trim ends and place in microwave-safe dish with 1 inch water. Microwave for 2-4 minutes per beet, until tender. Let cool, then rub the skin off with your fingers. Cut into cubes and add to salads, or lightly toss with vegetable oil for a simple side dish.
- Cut into bite-size chunks and toss in vegetable oil. Add chopped onions and garlic, and other root vegetables like turnips, sweet potatoes, or parsnips. Top with salt and pepper. Roast at 400 degrees for 20-30 minutes, then serve as side dish.
- Grate raw beets onto salad, or mix with other grated root vegetables.
- Cut off green tops and store in plastic bag in the refrigerator.



Beets

Beets can be eaten raw or can be microwaved, roasted, or boiled. Rinse well, trim the ends, and cover your cutting board to avoid staining!

- Rinse well, trim ends and place in microwave-safe dish with 1 inch water. Microwave for 2-4 minutes per beet, until tender. Let cool, then rub the skin off with your fingers. Cut into cubes and add to salads, or lightly toss with vegetable oil for a simple side dish.
- Cut into bite-size chunks and toss in vegetable oil. Add chopped onions and garlic, and other root vegetables like turnips, sweet potatoes, or parsnips. Top with salt and pepper. Roast at 400 degrees for 20-30 minutes, then serve as side dish.
- Grate raw beets onto salad, or mix with other grated root vegetables.
- Cut off green tops and store in plastic bag in the refrigerator.



Beets

Beets can be eaten raw or can be microwaved, roasted, or boiled. Rinse well, trim the ends, and cover your cutting board to avoid staining!

- Rinse well, trim ends and place in microwave-safe dish with 1 inch water. Microwave for 2-4 minutes per beet, until tender. Let cool, then rub the skin off with your fingers. Cut into cubes and add to salads, or lightly toss with vegetable oil for a simple side dish.
- Cut into bite-size chunks and toss in vegetable oil. Add chopped onions and garlic, and other root vegetables like turnips, sweet potatoes, or parsnips. Top with salt and pepper. Roast at 400 degrees for 20-30 minutes, then serve as side dish.
- Grate raw beets onto salad, or mix with other grated root vegetables.
- Cut off green tops and store in plastic bag in the refrigerator.

