

Beet



What is a beet?

- Beets grow in the ground as a root plant.
- The entire plant is edible, the root to the leaves.
- Beets can be different colors, including red, pink, orange and yellow.

Why is it healthy?

- Beets are rich in antioxidants which can reduce inflammation.
- Beets are a good source of fiber.
- They are full of vitamins and minerals including **potassium** and **Vitamin C**.

How can it be used?

- Roast them in the oven with other vegetables.
- Pickle them with vinegar and spices.
- Top a salad with roasted beets.
- Slice thinly and bake into beet chips.
- Cut into thin strips or spiral into noodles.
- Thinly slice raw beets and add to salads or other foods for extra crunch.

