



Beet

Lakota: p̣haŋǵí šašá

Pick it!

Beets are usually round with a 1 to 2 ½ inch diameter and deep burgundy color with edible green to burgundy leaves.

Select beets that are smooth, hard, rounded, and free of cuts and bruises. Discard overgrown or woody beets.

Trim of the leaves to about 1 inch when storing the root; refrigerate for several weeks. Store the leaves separately.

"Thinnings" are beets that are pulled before fully mature and can be eaten raw and whole in salads.

Try it!

Can be eaten raw, baked, steamed, roasted or pickled served as a condiment.

Raw or steamed beets are good in salads; medium/large sized beets are better cooked.

Choose beets similar in size for even cooking.

Peel beets after cooking while wearing disposable gloves to avoid staining your skin.

Beet greens can be used like spinach.



Types of Beets

Red table: Most common

Chioggia: Candy red outside, banded red/white inside, sweet, mellow flavor

Golden: Orange skin with golden yellow inside, sweet mild flavor



Did you know...

Folate and folic acid are found in leafy vegetables. Folate is protective against heart attack and stroke and prevent neural tube defects.

Like it!

Beets with Dijon Dressing

Ingredients

- 3 lbs. beets
- 4 Tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 Tablespoon Dijon mustard (or yellow prepared mustard)
- ¼ cup orange juice
- 1 teaspoon sugar
- 1 Tablespoon red wine vinegar
- 1 Tablespoon rosemary, chopped

Directions

Preheat oven to 400 degrees Fahrenheit. Wash, trim, and dry beets leaving ½-inch stem and root intact. Put beets in a bowl and add 1-tablespoon olive oil, salt, and pepper. Toss contents of bowl with clean hands. Arrange beets in a single layer-roasting pan. Roast in oven for 45 minutes or until beets are tender. Remove pan and allow to cool. Make dressing while beets are cooling. To make dressing whisk mustard, orange juice, sugar, and vinegar together. Whisk in 3 tablespoons olive oil and rosemary. Set aside. Rub skins off beets and cut into quarters. Combine with dressing and let sit for 30 minutes.

Yield 6 servings

Nutrition Facts per Serving:
Calories 200, fat 10g, cholesterol 0mg, carbohydrates 25g Fiber 5, sugar 20g, Protein 4g

Red Beet and Apple Salad

Ingredients

- 1 large red beet or 2 small red beets
- 4 apples
- 1 Tablespoon lemon juice
- 1 Tablespoon honey

Directions

Wash the beet and peel if desired. (if you peel the beet it will taste less earthy). Grate the beet and the apples into a large bowl. For the dressing, mix the lemon juice, honey and salt. Pour the dressing over the grated beet and apples. Mix well. Serve chilled.

Yield 8 servings

Nutrition Facts per Serving:
Calories 55, fat 0g, cholesterol 0mg, carbohydrates 15g Fiber 2.5, sugar 0g, Protein .5g

Lakota word translate by Jeshua Estes

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