

Beet

In season:



Summer

Lakota: p̣haŋǵí šašá

Sampling Display Instructions

Beets with Dijon Dressing

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 tablespoons serving			
Beets, about 2 inches	1 ½ lbs. (9-10) or 30 oz. canned	2 lbs. (12-13) or 45 oz. canned	3 lbs. (18-20) or 60 oz. canned
Olive oil	2 T	3 T	4 T
Salt	½ t	⅔ t	1 t
Black pepper	¼ t	⅓ t	½ t
Dijon or yellow mustard	1 ½ t	2 t	1 T
Orange juice	2 T	2 ½ T	¼ c
Sugar	½ t	⅔ t	1 t
Red wine vinegar	1 ½ t	2 t	1 T
Rosemary, finely chopped	1 ½ t fresh (¾ t dried)	2 t fresh (1 t dried)	1 T fresh (1 ½ t dried)

Directions:

For raw beets: preheat oven to 400 degrees F. Wash, trim, and dry beets leaving ½-inch stem and root intact. Put beets in bowl add 2 t olive oil (1 T for 48 samples), salt, and pepper. Toss with clean hands. Arrange beets in single layer-roasting pan. Roast in an oven for 45 minutes or until beets are tender. Remove pan and cool. Make dressing while beets are cooling. When cool rub skins off beets and cut into slices.

Dressing: Whisk mustard, orange juice, sugar and vinegar together. Whisk in olive oil and rosemary. Combine cooled roasted beets or drained canned beets with dressing. Let sit 30 minutes. Serve chilled.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Recipe video (optional)
https://youtu.be/Y141_wqKCu0
- Pick it! Try it! Like it! produce sign as table tent
- Pick it! Try it! Like it flyer or recipe card
- Food allergy sign on table

Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Prepare Beets with Dijon Dressing. Chill and keep cold.
- Place only a few samples at a time on small paper plates. Ask parent's permission before children may sample.
- Ask them if they use beets often in their meals. Ask them if they could use this recipe.
- Point out that beets are good either cold as a salad or condiment or hot as a side dish.
- Lakota Words translated by Jeshua Estes

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.