



BENEFITS

Because they add colour to your life!

Beets are versatile and go beautifully in many dishes. Whether red, yellow or white, they can be added to salads, desserts, soups, grilled dishes, marinades... What's more, beet greens can be eaten raw or cooked just like spinach and are high in potassium and several other nutrients.

Because they are so useful!

There are different varieties of beet besides the garden variety. For example, the fodder beet is used as livestock feed while the sugar beet is converted to make sugar or alcohol. In addition to its culinary uses, the beet is also used as a natural colouring agent and can even be converted into bioethanol!

WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



BEET, TURNIP AND RED CABBAGE SALAD

Portions: 3 to 4  15 min

Ingredients

- 375 ml (1 1/2 cup) cooked grated beets
- 250 ml (1 cup) grated turnip
- 500 ml (2 cups) red cabbage cut into strips
- 80 ml (1/3 cup) pumpkin seeds (optional)
- 7.5 ml (1/2 tbsp) olive oil
- 15 ml (1 tbsp) apple cider vinegar
- Salt and pepper to taste

Directions

Combine all the ingredients in a salad bowl and toss.

Source: Recipe inspired by equiterre.org/solution/recettes



TIP!

Beet juice can leave dark stains on your fingers. Remove it by rubbing with a bit of lemon juice.

COOKED BEETS!

ON THE STOVETOP: Place the beets in a pot and cover with water. Cover the pot and boil until beets are tender (about 1 hour).

IN THE OVEN: Wrap the beets in aluminium foil and cook in the oven for 1 hour at 180°C (350°F).

IN THE SLOW COOKER: Place the beets whole in the slow cooker. Add 500 ml (2 cups) of water + 15 ml (1 tbsp) of vinegar. Cover and cook on high 4 to 5 hours. Peel the beets by simply removing the skin with gloves, rubbing them under cold water or using a knife.



BEET HUMMUS

Portions: 2 cups  10 min  see text box

Ingredients

- 375 ml (1 1/2 cup) cooked beets, diced
- 125 ml (1/2 cup) chickpeas
- 1 clove garlic, chopped
- 45 ml (3 tbsp) plain yogurt or ricotta cheese
- 15 ml (1 tbsp) tahini
- 5 ml (1 tsp) ground coriander
- 10 ml (2 tsp) ground cumin

Directions

Combine all the ingredients in a blender or food processor and purée until smooth.

Note

Serve with toasted pitas or raw vegetables.

Source: Julie Strecko, Dt.P.

