

Fruit & Vege Co-op



Beetroot

STORAGE	PREPARATION
In plastic bags or loose in the vegetable section of refrigerator.	<ul style="list-style-type: none">- Scrub clean under water with a soft brush. Slice off stems and leaves.- Slice beetroot into chunks or rounds.
ADD FLAVOUR	VEGE UP
Chop beetroot into chunks, drizzle over 1 Tbsp oil combined with 1 Tbsp honey and roast for 30 minutes.	<ul style="list-style-type: none">- Add sliced, cooked beetroot to homemade hamburgers.- Add roast or boiled beetroot to roast vegetable salads with pumpkin, kumara, potatoes or carrots.- Add 1 cup pureed beetroot to cake or muffin mixes.
COOKING	
<ul style="list-style-type: none">- Boil in a covered pot of water for approximately 20 minutes or until just tender (longer for larger beetroot – 45 minutes). Cool and peel by rubbing the skin off with your hands.- Peel beetroot, cut in half and microwave in a covered dish on high for 3 minutes each beetroot, or until tender.- Cover beetroot in tinfoil and roast in oven at 180°C for approximately 45 minutes.	
RECIPE: Beetroot and Carrot Salad (Serves 4) Source: National Heart Foundation Vegetable cookbook	
2 beetroot, peeled and grated 2 medium sized carrots, grated Juice of one lemon <i>Optional:</i> sesame seeds, raisins, red onion	TIP: If you prefer it cooked, cover beetroot and salad mix and cook in the microwave for 2 minutes.
<ol style="list-style-type: none">1. Mix beetroot and carrot in a bowl and toss through squeezed lemon.2. Mix in other ingredients if using them. Sprinkle over sesame seeds.	
Variations	
<ul style="list-style-type: none">- Add thinly sliced cabbage or lettuce to make the salad go further.- Add other vegetables such as celery and/or drained and rinsed canned chickpeas.- Add balsamic vinegar or runny honey to the lemon juice as an alternative dressing.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op