



BEETS 3 WAYS!

ROASTED BEETS

1

INGREDIENTS NEEDED:

2-3 medium beets, cubed
1 tablespoon dried oregano
1 tablespoon dried rosemary
1-2 tablespoon olive oil
Salt and pepper

STEPS:

1. Preheat oven to 350 degrees.
2. Peel and cube the beets.
3. Spread the beet cubes in a single layer on a baking tray.
4. Drizzle beets with olive oil and season with salt and pepper.
5. Bake until the beets are easily pierced by a fork (around 25 minutes).

Beets are mood enhancing and are rich in folate!

BEET AND CARROT SALAD

2

INGREDIENTS NEEDED:

For the Salad:
1-2 medium beets, peeled and grated
2-3 carrots, grated

For the Dressing:
3 tablespoons olive oil
2 tablespoons balsamic vinegar
2 tablespoons maple syrup
1 teaspoon mustard

Garnishing Items:
Salt and pepper
¼ cup pumpkin seeds
A handful of fresh parsley, chopped

STEPS:

1. Peel the beet and grate with a box grater into a large bowl.
2. Next, grate the carrots into the same bowl.
3. In separate bowl, whisk all the dressing ingredients together.
4. Toss the grated vegetables with the dressing mixture.
5. Salt and pepper to taste.
6. Top with fresh parsley and pumpkin seeds.

You can serve this recipe just like you would coleslaw!

APPLE-BEET CRISP

3

INGREDIENTS NEEDED:

Crisp Topping:
2 cups oats
½ cup sliced almonds
1 cup brown sugar
½ cup cold, unsalted butter
½ teaspoon salt
1 teaspoon cinnamon

Crisp Filling:
7 apples, cored and sliced
1 cup beets, peeled and diced
½ cup brown sugar
½ cup oats
½ teaspoon ground cinnamon

STEPS:

1. Preheat oven to 350 degrees.
2. In a bowl, combine your topping ingredients.
(Pro tip: Cut the butter into small pieces and knead the mixture with your hands)
3. Set the topping bowl aside.
4. For the filling, core and slice apples and peel and dice beets.
5. Place apples and beets in a deep baking pan.
6. Toss the apples and beets with remaining oats, brown sugar and cinnamon.
7. Sprinkle the topping mixture over the apple and beet filling.
8. Bake for 35-40 minutes, until the apples and beets are soft and the top is golden.

Serve with homemade whipped cream or on top of vanilla yogurt!



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