



Beets

While traditionally deep red, beets are available in a variety of colors. The root, leaves, and stems are all edible and can be used in a variety of sweet and savory recipes.



Nutrition

- 1 cup of diced, cooked beets, also called beetroot, contains around 70 calories, 15g carbohydrates, 3g fiber, and 2g protein.
- Beets are a source of vitamins and minerals, including several B-vitamins, potassium, and magnesium.
- Beets do not have a significant amount of fat but do naturally contain some sodium.
- The leaves and stems of beets are edible, contain few calories or macronutrients (fat, protein, carbohydrates), and are a source of vitamins and minerals including vitamins A and K, calcium, and potassium.



Shopping

- With fresh beets, choose small-to medium-sized beets with firm roots and crisp leaves and stems. The roots should not have obvious damage, such as cracks.
- Like other canned vegetables, canned beets often have salt added. Draining the canning liquid will lower the sodium.
- Dried beet chips are a crunchy snack; look for brands without added salt.

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Price

- Canned beets average \$0.54 per cup.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



Storage

- *Fresh beets.* Cut off beet leaves and stems at the root, leaving around 1-inch of stem attached to the root. Refrigerate unwashed roots in loosely wrapped food-safe plastic bags or in a food-safe container with a lid. Store the leaves and stems in the same way but in a separate bag or container from the roots.
- *Canned beets.* Store unopened canned beets in a cool, dry location. Once opened, move leftover beets to a food-safe container and refrigerate for up to 7 days.



Preparation

- Rinse fresh beets under water before preparing.
- All parts of fresh beets can be eaten raw or cooked.
- Recipes for cooking the roots may include roasting, boiling, microwaving, steaming, or pickling.
- While they can be eaten raw, leaves and stems are often sautéed or added to liquid to cook.

Preserve at Home

- Visit the "National Center for Home Food Preservation" at nchfp.uga.edu.



Eat

- Try beet roots in smoothies, pancakes and cake, and roasted with dressing.
- Use leaves and stems with mild lettuces in a salad or make into pesto.

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