Beet Greens and Romaine Salad
(serves 1)

Save the greens from fresh beets to use in this 5-ingredient salad.

Ingredients

4 beet green leaves
2 large leaves of romaine lettuce
1/2 tsp oil
1/2 tsp flavored vinegar*
1/8 tsp ground black pepper

Directions

1. Wash hands.
2. Wash beet greens and romaine lettuce. Cut or tear into bite-sized pieces. Dry with a salad spinner, paper towel, or clean dish towel.
3. In a small bowl, combine oil, vinegar, and black pepper. Pour over salad and serve immediately.

*Try red wine vinegar or balsamic vinegar

Tip: If planning to eat the stems of the beet greens, cut into small pieces. They will be easier to chew.

Nutrition Facts per serving: 30 calories, 2.5g total fat (0g saturated fat), 55mg sodium, 2g carbohydrate, 2g fiber, 1g protein
Chocolate Beet Snack Cake  
(serves 16)

The cocoa powder masks the flavor and color of the beets in this cake.

**Ingredients**

- 1 cup all-purpose flour
- 3/4 cup whole-wheat flour (or all-purpose flour)
- 1/3 cup unsweetened cocoa powder
- 1 1/2 tsp baking soda
- 1/4 tsp salt
- 2 cups pureed beets*
- 1 cup sugar
- 1/2 cup canola or vegetable oil
- 2 eggs
- 1 tsp vanilla extract

*Using canned beets: Rinse and drain 2 (15-oz) cans of sliced beets; puree until smooth and measure out 2 cups.

*Using fresh beets (roasting): Preheat oven to 400°F. Use around 1 pound of beets. Cut off leaves and stems, leaving about 1/2-inch of stem on beets. Rinse beets under cool water, rubbing with fingers to remove any soil. Dry with a paper towel. Add beets to an oven-safe baking dish with a lid. Add enough oil to lightly coat the beets, stirring to coat. Roast for 45 minutes or until a knife easily pierces a beet. Let cool 5 minutes. Using clean hands, rub skins off beets. Cut into pieces and puree until smooth. Measure out 2 cups.

**Directions**

1. Preheat oven to 350°F.
2. Wash hands.
3. In a large bowl, combine the flours, cocoa, soda, and salt.
4. In a large food processor or blender, add beets, sugar, oil, eggs, and vanilla. Puree until ingredients are well combined and mixture is smooth, about 1 minute. Or carefully combine with an electric hand mixer.
5. Pour beet mixture over flour mixture. Combine ingredients with a spoon or whisk until just until smooth. (Batter will appear red, but will turn chocolate brown when cooked.)
6. Pour batter into a greased 13x9-inch baking pan. Bake 20-30 minutes or until a toothpick inserted in the center comes out clean.
7. Cool completely.

**Nutrition Facts per serving:** 180 calories, 8g total fat (1g saturated fat), 250mg sodium, 25g carbohydrate (includes 13g added sugar), 2g fiber, 3g protein

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