

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

The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at go.illinois.edu/dmp or find us on Facebook or Twitter @uie_DMP

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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