

Cooking with Beets

Enjoy cooked beets, warm or cold, as a salad topping. Beets come in many different colors like red, pink, yellow and white.



If you get beets with greens still attached, you can cook them just like spinach.

More recipes are available at
pittsburghfoodbank.org/recipecards

Greater Pittsburgh
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To wash, scrub beets under cool, running water before cooking.



Whole beets take longer to cook. Peel and chop to reduce cook time.



Small beets have thinner skin. There is no need to peel small beets.



Microwave Steamed Beets

Preparation time: 10 minutes | **Cook time:** 5 minutes | **Cost:** \$1.50

Ingredients:

- 2 cups **beets**, peeled and chopped
- 1 tablespoon **water**

Directions:

1. Add beets to a microwave-safe dish. Cover with a lid, damp paper towel or plastic wrap.
2. Cook for 5 minutes.

Makes 4 servings

Make 'quick-pickled' beets by adding 2 tablespoons vinegar, ¼ teaspoon pepper and ⅛ teaspoon salt to cooked beets.

Oven Steamed Beets

Preparation time: 10 minutes | **Cook time:** 25 minutes | **Cost:** \$1.50

Ingredients:

- 2 cups **beets**, peeled and chopped
- 1 teaspoon **oil**
- ¼ teaspoon **salt**

Directions:

1. Preheat oven to 400°
2. Add beets, oil and salt to bowl. Stir to mix.
3. Wrap beets in aluminum foil. Place on a baking sheet.
4. Cook for 25 minutes.

Makes 4 servings

Don't have aluminum foil? Spread chopped beets on a baking sheet and roast for 30 minutes. Beets will shrink as they cook.