



In the Kitchen

with Barb Agee ~ August 2014

The Best Beets

Why eat beets? Beets have a sweet earthy flavor as well as being a powerhouse of nutrients that may improve your health. Beets may lower blood pressure, boost stamina and fight inflammation as just a few benefits. Beets are an excellent source of folate acid, fiber, manganese and potassium. The greens should not be overlooked; they can be cooked up and enjoyed in the same way as spinach or Swiss Chard.

Lemony Beet Tarts

9 small beets or 6 medium-sized beets	1 teaspoon kosher salt
3 tablespoons olive oil, divided	3 tablespoons finely shredded lemon peel
1 tablespoon butter	Half of 17.3 ounce package frozen puff pastry (1 sheet) thawed
1 tablespoon fresh lemon juice	4 ounces goat cheese
1 teaspoon sugar	1 tablespoon snipped fresh thyme

Preheat oven to 400°F. Scrub beets and remove tops and root.

In a large bowl toss beets with 2 tablespoons olive oil. Wrap each beet in a square of aluminum foil and place on a baking sheet. Roast until tender, about 1 hour. Cool beets enough to handle. Peel beets and cut into 1-inch chunks.

On a lightly floured surface roll pastry into 14 x 12-inch rectangle. Using a 3½-inch round cutter, cut 12 circles. Place each circle over the bottom side muffin cups. Bake 15 to 20 minutes until pastry is puffed and golden brown.

Meanwhile, melt remaining olive oil and butter in a skillet. Add lemon juice, sugar and salt; mix together. Add beets, lemon peel and thyme; simmer 2 to 3 minutes to glaze beets.

Remove puffed pastry cups and place on a baking sheet. Fill each cup with roasted beets. Top with goat cheese. May garnish with additional fresh thyme. *Makes 12*

Stir-Fried Beets and Red Cabbage

2 tablespoons cooking oil	¼ cup apple cider vinegar*
6 cups red cabbage, shredded	1 to 2 tablespoons brown sugar
1½ cups beets, shredded	¼ teaspoon allspice
1 medium red onion, thinly sliced	Salt and pepper, to taste
1 large apple, coarsely grated	

In a large skillet, heat the oil over high heat. Add the red cabbage, beets and onion and stir fry until cabbage wilts. Add the apple, vinegar, brown sugar and allspice; continue cooking until the apple is hot, about 1 minute. Season with salt and pepper and serve hot. *Makes 8 side servings*

*May use Olive Branch Lemon Raspberry White Balsamic Vinegar

Chunky Borscht

2 tablespoons olive oil
1 onion, coarsely chopped
4 cloves garlic, diced
2 parsnips, peeled and cut into ¼-inch coins
1 large carrot, peeled and cut into ¼-inch coins
1 stalk celery, cut diagonally into ¼-inch slices
½ pound kielbasa, half lengthwise, slice crosswise*
2 cups canned (15-ounces) diced beets, drained

1½ cups drained and diced canned tomatoes**
4 cups beef broth
2½ cups water
⅓ cup fresh dill *or* 1 tablespoon dried dill
Salt and pepper to taste
Sour cream
Crusty bread

In a soup pot, heat the oil over moderate heat. Sauté the onion until translucent, about 5 minutes. Add garlic and sauté 30 seconds. Add parsnips, carrot and celery. Cover and cook until vegetables soften, about 5 minutes. Add kielbasa and continue to sauté for another 2 minutes.

Add beets, tomatoes, broth and water. Bring to a boil; reduce heat and simmer uncovered until vegetables are tender, about 15 minutes. Stir in dill.

Serve with sour cream, a sprinkle of dill and warm crusty bread.

Cook's Notes: *May use Hempler's Cooked Smoked Sausage; **May use fire roasted tomatoes

Beet Salad with Apples and Avocados

4 medium beets, unpeeled
Kosher salt
One 5 ounce container arugula
1 apple, diced
1 large (or 2 small) ripe avocado, diced

½ shallot, minced
⅓ cup fresh chives, chopped
¼ cup fresh orange juice
⅓ cup extra-virgin olive oil
Salt and pepper, to taste

Preheat oven to 400°F. Scrub beets and put in a baking pan large enough to arrange in a single layer. Sprinkle with 1 teaspoon salt. Cover with foil and roast until tender when pierced with a small sharp knife, about 1 hour. Cool beets enough to handle. Peel and cut into ½-inch wedges and place in a bowl.

Mix shallot, chives, orange juice and olive oil in a food process until just blended. Drizzle ¼ cup of dressing over warm beets and toss to mix. Add salt and pepper to taste.

On a serving platter arrange arugula, apple, avocado and beets. Drizzle with remaining dressing. *Makes 8 servings*

More Beet Treats!

-  Slice raw beets thinly, coat with cooking spray, add salt and place on a baking sheet. Bake at 400°F for 30 minutes or until chip-crisp.
-  Sauté cubed red and yellow beets with potatoes and diced onion for a colorful hash to serve with poached eggs.
-  Mix cooked beets, kale and honey yogurt in a blender for a super nutritious smoothie.
-  Sauté beet greens in olive oil, garlic, salt and crushed red pepper until just wilted. Top with a tablespoon each of sour cream and horseradish mixed together.

