



# PICK OF THE MONTH

April 2012

## BLISSFUL BEETS

### Recipe

#### Bright Beet Muffins

##### Ingredients

1 1/4 cups all-purpose flour  
 3/4 cup rolled oats  
 1 1/2 tsp baking powder  
 1 1/4 tsp baking soda  
 1 tsp ground cinnamon  
 1/2 tsp salt  
 1 egg, beaten  
 1 cup applesauce  
 2 cup carrots, shredded  
 1 cup beets, peeled and shredded  
 1/4 cup dried cranberries  
 3/4 cup raisins

##### Preparation

Preheat oven to 350 degrees and grease 12 muffin cups. In large bowl, mix together flour, oats, baking powder, baking soda, cinnamon and salt. In a separate bowl, mix together the egg and applesauce. Fold in carrots, beets, raisins and cranberries. Pour mixture into first bowl and stir thoroughly. Spoon batter into greased muffin cups. Bake until browned and a toothpick inserted into the center of muffin comes out clean, 25 to 30 minutes. Yields 12 servings.

*Recipe adapted from AllRecipes.com*

*Nutritional information per serving:  
 130 calories, 1g fat, 320mg sodium,  
 28g carbohydrates, 2g fiber,  
 3g protein*

Beets are fairly hardy vegetables that grow well under cool or warm conditions. They come in an array of shapes, colors and sizes, but perhaps the most familiar variety found in stores is the garden beet.

One common garden beet grown in the Willamette Valley is the Detroit Dark Red. The tender, deep red roots can be eaten raw or cooked for a soft, buttery texture. The green tops can be eaten raw or cooked as well, and have a somewhat bitter taste similar to leafy chard.

These crimson wonders are a great source of folate as well as fiber and potassium. The beet tops are full of vitamin A.

*Nutritional information for 1/2 cup of sliced beets, depending on the variety:  
 29 calories, 1g protein, 6.5g carbohydrates, 2.5g fiber, 221mg potassium,  
 74mcg folate, 15.6mg magnesium, and 10.9mg calcium.*



*Photo from the651.com*

### Preparation and storage

**Selection:** In stores, beets are typically found tied in bunches. Choose small or medium-sized beets that are deep in color with firm, smooth skin. If you'd like to eat the green tops, be sure they are bright in color and not wilted.

**Preparation:** Remove the tops from the roots, leaving about an inch of stem. You can store the unwashed greens and beets in separate plastic bags in the refrigerator. Be sure to rinse before cooking. Roots can be eaten with or without skin.

There are many ways to enjoy these colorful veggies:

**Bake 'em:** Wrap small beets in foil and bake at 400°F for about 45 minutes.

**Grill 'em:** Make a kabob by adding beets and other vegetables on skewers and heating thoroughly on the grill.

**Add 'em:** Throw in small slices of beets and leaves to your favorite homemade vegetable soup or minestrone. Try adding beet leaves to any salad for a flavorful twist that packs in extra vitamins and minerals.

**Grow 'em:** Beets are easy to grow and can be a fun activity for the whole family!

**Check your local grocery store or fruit stand  
 for beets today!**

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