

FOOD FACTS

Golden Beets



NUTRITION

- Gold beets are an excellent source of folate, manganese, beta-carotene, and are a very good source of potassium, copper, and fiber. They also contain magnesium, phosphorus, vitamins B6 and C, and iron.

DYK

- While still relatively unknown compared to their red counterparts, Gold beets are cultivated on a small commercial scale as a table variety and are also favored by home gardeners for their mild flavor and bright color.
- Gold beets are believed to have a smoother texture and a sweeter taste than red beet varieties and are increasing in popularity as consumers are being exposed to a greater number of beet varieties through the search for healthy foods.
- Gold beets are native to the Mediterranean and Atlantic coasts of Europe and North Africa and have been present since ancient times

PREPARATION & STORAGE

- Gold beets are available year-round, with a peak season in the spring.
- Gold beets can be consumed raw and are popularly shaved, shredded, julienned, or spiralized into salads, slaws, and soups. They can also be pickled for extended use, pureed for sauces, or blended into smoothies.
- It is important to note that the skin should be removed before eating and is easily peeled once cooked. Gold beets may also be used as a red beet substitute in some recipes. In addition to the roots.

Roasted Golden Beets with Rosemary

Ingredients:

- 6 medium golden beets peeled and cut into 1-inch chunks
- 3 cloves garlic minced or crushed
- 1 tablespoon rosemary finely chopped (if using dry, use 1 tsp)
- Salt and black pepper to taste
- 2 tablespoon extra virgin olive oil

Instructions:

Preheat the oven to 400 degrees F

Mix together the garlic, rosemary, olive oil and salt and pepper.

In a bowl, place the beets and toss them with the herb-olive-oil mixture.

Spread in a single layer on a baking sheet, preferably coated with aluminum foil to make cleanup easier, and roast 35-40 minutes or until the beets are fork tender and golden. Stir once or twice during roasting to make sure they cook evenly.

Serve hot or cold.

