

Harvest of the Month



Beet



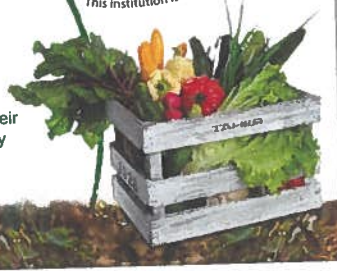
FUN FACTS:

Root vegetables are edible plants that grow underground. Beets are the sweetest of the root vegetables.

Both the red fleshy root and the dark green leaves are edible. The beet leaves taste similar to spinach and are very nutritious!

The betalain pigments in beets give beets their red color, and help capture toxins in the body and flush them out.

Borscht is a popular beet soup in Russia.



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February is American Heart Month

Everyone wants to live healthier, happier lives so they can relish life's precious moments and it all starts with taking care of us and loved ones. American Heart Month helps remind Americans to focus on heart health and encourage communities, family and friends to make health a priority and part of their everyday way of life. How can I promote a healthy lifestyle?

- **Build a Culture of Health;** initiate year-round community sponsored physical activities, seasonal farmers markets, encourage nutritious foods at community events and praise all efforts toward a healthy lifestyle.
- **Choose a Heart Healthy Lifestyle;** adopt a diet low in sodium, saturated and trans-fat, exercise at least 30 minutes five days a week, maintain a healthy weight, add food like fish and avocado a.k.a. Omega 3 fatty acids to your diet and avoid smoking.
- **Know the Risk Factors;** heart disease can occur at any age, men and women are equally at risk, family history, smoking, blood cholesterol, high blood pressure, physical inactivity, obesity, alcohol and drug abuse, diabetes, previous medical history and stress and depression.

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Easy Beet Hummus 12 servings – 3 cups

This brightly colored hummus is a delicious spread for crackers, toast, or sandwiches. Or it can be served as a dip. You can omit the tahini if needed for an allergy.

INGREDIENTS:

- 14.5 ounce can chickpeas, drained, rinsed and patted dry.
- ½ cup boiled beets
- 1/4 cup plain Greek yogurt
- Juice of half of a lemon
- 1 Tbs tahini
- 1/4 tsp salt

HARVEST OF THE MONTH RECIPE - FEBRUARY - Featuring Beet -



1. Place all ingredients into a blender and puree until very smooth.
2. Spread on toast, bread, or crackers. Or serve as a dip with soft veggies like cucumber, snap peas or bell peppers.
3. Store in airtight container for up to 5 days.

NUTRITION SNAPSHOT: ¼ c serving size, 35 calories, 1 g total fat, 0 g sat fat, 0 g trans fat, 5 mg cholesterol, 5 g carbohydrate, 1 g fiber, 1 g sugar, 0 g added sugar, 2 g protein

