



Beets

Is most well known as the red or purple root vegetable. However, the leaf vegetable or is known as chard.

NOTE: To remove beet stains: wet your hands and rub your hands with salt.

Store: Store beets without tops in individual plastic bags in the coolest part of the refrigerator. These should last up to one week. The greens should be eaten as soon as possible.

Prepare: Wash and scrub the beets before cooking. Beets peel best after cooking, so be sure to wear disposable gloves to minimize stains on hands.

Serve: Can be eaten raw, baked, steamed, pickled, and served as a condiment or alongside soups and entrees.



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Beets Recipe

Pickled Beets

Ingredients:

- 2 c. drained, sliced or whole beets,
(reserve 1/3 c. liquid)
- 1/3 c. sugar
- 1/3 c. reserved beet liquid or water
- 1/3 c. vinegar
- 1 tsp. pickling spice (optional)

Directions:

In medium saucepan, combine drained beets, sugar, liquid and vinegar. Tie pickling spice in piece of cheesecloth or paper towel. Add to beets. Cook until mixture comes to a boil, stirring occasionally. Cool and remove pickling spice before serving.
Yield: 2 cups pickled beets. Leftovers will keep several weeks in refrigerator.

enjoy!

Source
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<http://www.cooks.com/rec/doc/0,1650,153170-227197,00.html>

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