

## Health Tip of the Month

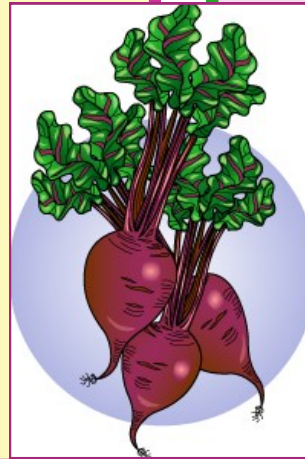
### Beets - No Ordinary Roots

Beets don't look exciting at the grocery store, but they are special. Beets are two vegetables in one!

You can eat the leaves as well as the roots, raw or cooked, all year round.

- Grate raw beets and add to soups or salads.
- Sauté slices into any dish.
- Bake or roast for a sweet tender treat.
- Beet greens are similar to collard greens and kale and just as nutritious.
- Juice beets with fresh greens and fruits. Add beet leaves to green smoothies.

**Beets are low in calories, high in vitamins, and don't cost much.**



### Apple Walnut Beet Salad

- 4 beets, baked or boiled
- 2 cups of beet tops
- 1 apple with the skin on
- 1/3 cup chopped walnuts
- Homemade dressing



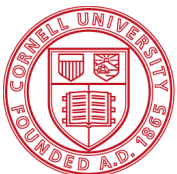
Scrub 4 medium beets, tops removed, and bake them at 400°F for 1 hour. Peel cooked beets and cut into 1 inch wedges.

Wash beet tops and chop into small pieces.

Leave the skin on the apple. Cut it into 1 inch wedges.

In a large bowl, toss together the beets, chopped greens, nuts, apples and dressing. Chill and serve.

For an easy homemade dressing, mix olive oil and vinegar with a little mustard.



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