

Beets are in season!!!

The wonderful deep red color of beets reflects their rich concentration of unique phytonutrient pigments including *abeta-cyanin*, which gives red beets their red color and *betaxanthin*, which gives yellow beets their yellow color. A one cup serving of beets also contains 34% of the daily value (DV) for folate, 14% DV for dietary fiber, and 28% DV for manganese.

Marinated Beets

Prep and Cook Time: 20 - 35 min depending on marinating time

Ingredients:

4 medium beets, about 3" in diameter
1 TBS extra virgin olive oil
1 TBS balsamic vinegar
1 TBS fresh minced chives
salt and cracked black pepper to taste

Directions:

1. Fill the bottom of a steamer with 2 inches of water.
2. While the water is coming to a boil, wash beets, leaving 2 inches of tap root and 1 inch of the stem on the beets. Do not peel. You can also microwave beets: small amount of water in a microwaveable bowl and zap for 6-9 minutes depending on how big and how many beets you have
3. Steam covered for 15 minutes. Beets are cooked when you can easily insert a fork on the tip of a knife into the beet. Although some of their colorful phytonutrients are lost to the steaming water, there is plenty of color and nutrients left in the beets.
4. Peel beets by setting them on a cutting board and rubbing skin off with a paper towel. Wearing kitchen gloves will help prevent staining your hands.
5. Transfer to a bowl. It is best to toss the beets with the remaining ingredients while they are still hot.
6. Let them marinate for at least 15 minutes for fuller flavor.

Serves 4

Healthy Cooking Tips:

If you have time to plan ahead this recipe actually tastes better the longer it marinates. The beets will soak up some of the marinade, so you might want to add a little more after they sit for awhile.