



Beet Tips

- When selecting beets, choose round, firm, rich in color, and smooth over most of the surface.
- Smaller beets tend to be more tender.
- Wilted or decayed tops may indicate a lack of freshness.
- Two bunches, or 6 to 8 individual beets, weigh approximately 2 pounds.
- You can store the roots of the beets in plastic bags for 1-2 weeks in the refrigerator.
- You can also refrigerate the greens in plastic bags and use them within 2-3 days.
- Cooked beets may be stored in the refrigerator for up to a week.
- Beets are good sources of fiber, folate, calcium, and vitamin C and are low in fat.
- One cup of cooked beets or one medium raw beet contains about 50 calories and 2 grams fiber.

Tropical Beets

A 15-minute side dish that is tangy, sweet, and earthy.

Yield: 4 Servings

Time: 20 Minutes

Ingredients

- 2 Tablespoons brown sugar
- 1 Tablespoon cornstarch
- ¼ teaspoon salt
- 1 can (8.75 ounces) pineapple tidbits in 100% juice
- 1 Tablespoon margarine or butter
- 1 can (15 ounces) beets, sliced/drained or 6 (2" round) cooked from fresh and sliced

Instructions

1. In a small saucepan combine sugar, cornstarch and salt. Stir in pineapple tidbits with juice.
2. Cook over medium heat until mixture boils and thickens, stirring occasionally.
3. Add margarine or butter and beets. Cook until heated through, about 5 minutes. Serve warm or cold.
4. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/tropical-beets>



Sautéed Beet Greens

These sautéed beet greens are made with tangy lemon juice and a dash of red pepper flakes.

Yield: 3 Servings

Time: 15 Minutes

Ingredients

- 2 teaspoons vegetable oil
- 4 cups chopped beet greens
(2 bunches with stems removed)
- 2 cloves garlic, minced or
½ teaspoon garlic powder
- 1 teaspoon lemon juice
- ⅛ teaspoon red pepper flakes
- 1 pinch salt

Instructions

1. Wash hands with soap and water.
2. Heat oil in a medium-sized pan over medium heat.
3. Add the beet greens and garlic to the pan. Stir until just wilted, then reduce the heat to low and stir occasionally until soft, about 5 to 8 minutes.
4. Stir in lemon juice, red pepper flakes and salt. Serve right away or use in another recipe.
5. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/sauteed-beet-greens>



Beet and Carrot Salad

Quick and simple to make, this creamy, colorful salad makes the perfect side dish.

Yield: 6 Servings

Time: 20 Minutes

Ingredients

- 1 carrot, sliced thin or coarsely grated
- ¼ cup minced onion
- 2 Tablespoons light mayonnaise or plain yogurt
- ¼ teaspoon each salt and pepper
- 1 Tablespoon chopped cilantro (optional)
- 6 (2-inch round) beets, cooked from fresh and diced, or 1 can (15 ounces) drained, rinsed and diced

Instructions

1. Wash hands with soap and water.
2. Cook sliced carrots, if desired, until just tender. Try microwaving or steaming.
3. In a medium bowl, combine the onion, mayonnaise, salt and pepper. Add cilantro, if desired. Add beets and carrots and stir to mix. Serve warm or cold.
4. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/beet-and-carrot-salad>

Flour Tortillas

Skip the store-bought tortillas and make your own with this simple recipe. Swap out some of the all-purpose flour with whole wheat flour, a whole grain.

Yield: 10 Servings

Time: 20 Minutes



Ingredients

- 2 cups flour (all-purpose, or 1 ½ cup all purpose flour and ½ cup whole wheat flour)
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons vegetable oil (or shortening)
- ¾ cup water (warm, 105-110 degrees F)

Instructions

1. Wash hands with soap and water.
2. In a large bowl, combine flour, baking powder, and salt.
3. Add oil and mix until crumbly.
4. Start with ½ cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
5. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
6. Divide into 10 balls. Roll each piece into an 8 inch circle.
7. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/cinco-de-mayo#recipe-1972>



Corn Tortillas



Once you've enjoyed a warm, homemade corn tortilla, you might never go back to buying them in a bag! Look for masa harina in the baking aisle of your grocery store.

Yield: 12 Servings

Time: 15 Minutes

Ingredients

- 2 cups masa harina (instant)
- ¼ teaspoon salt
- 2 tablespoons unsalted butter (at room temperature)
- 1 ½ cups water (warm)

Instructions

1. Wash hands with soap and water.
2. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes.
3. Divide the dough into 12 pieces and roll each piece into a ball.
4. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press. Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough flat in the press.
5. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/cinco-de-mayo#recipe-1908>





Hearty Mexican Soup



Easy to make and delicious to eat, this soup can be made in under an hour! Squeeze the other half of the lime over the soup before serving for extra flavor.

Yield: 4 Servings

Time: 40 Minutes

Ingredients

- 1 onion (small, chopped)
- 4 cloves garlic (minced)
- 1 can tomatoes, diced
(12-oz can, low sodium, drained and rinsed)
- 2 cans black beans
(15-oz can, low sodium, drained and rinsed)
- 2 potatoes (large, peeled and diced)
- 4 cups water
- ½ cup cilantro (fresh, chopped)
- ½ lime (squeezed)
- 1 pinch cumin powder

Instructions

1. Wash hands with soap and water.
2. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.
3. Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes.
4. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.
5. Serve warm; sprinkle cilantro on top.

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/cinco-de-mayo#recipe-1969>



Turkey Pinwheel Appetizers

Colorful tomatoes and spinach make these appetizers festive enough for your next party or potluck.

Yield: 16 Servings

Time: 10 Minutes

Ingredients

- 1 package cream cheese, low-fat (8 oz, garlic and herb)
- 6 flour tortillas (8 inch)
- 6 slices turkey
- 3 Roma tomatoes (small, chopped)
- 3 cups baby spinach leaves (fresh)

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/game-day#recipe-2011>



Instructions

1. Wash hands with soap and water.
2. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
3. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
4. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Quick and Healthy Black-Eyed Peas

Tasty turkey bacon and frozen black-eyed peas are the star ingredients in this recipe. Add a little chipotle pepper and sauce, cayenne pepper, or jalapeños if you prefer some additional heat.

Yield: 6 Servings

Time: 35 Minutes

Ingredients

- 4 slices turkey bacon (chopped)
- 5 ½ cups black-eyed peas, frozen (about 2 pounds)
- 2 cups water
- ¼ teaspoon black pepper
- 1 tablespoon sugar

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/new-years-day#recipe-1865>

Instructions

1. Wash hands with soap and water.
2. Place a pot over medium high heat and cook bacon for 3-4 minutes.
3. Add the rest of the ingredients and bring to a boil.
4. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes.
5. Serve hot.



**Eat
Well**

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance