

Beetroot



Available

All year round. Most plentiful November – April.

Buy

Roots should be smooth with a firm skin.
Red and golden beetroot are available.

Store

In the vegetable bin in the fridge.

Prepare



Wash to remove the soil.



Remove the tops and root end.



Peel the beetroot.



Grate the beetroot raw.

Tip Leave the skin on when cooking, this prevents colour loss. Rub the skins off cooked beetroot.

Cook

Can be:



Boiled



Roasted



Salad



Preserved



Beetroot, carrot and apple salad

(serves 6)

Ingredients

2 large beetroot, peeled and grated
3 medium carrots, peeled and grated
2 apples, grated
¼ cup orange juice
¼ cup oil
1 teaspoon paprika
¼ teaspoon ground cumin

Method



1 Toss the grated beetroot, carrot and apple together in a large bowl.



2 In a small bowl mix the orange juice, oil, paprika and cumin. Make sure there are no lumps.



3 Pour the dressing over the salad.



4 Mix well. Serve in a bread roll or as a side salad with cooked meat.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes