

FUEL UP

Can't Beat Beets

These ruby-red veggies tick a lot of superfood boxes, including heart-healthy nitrates and potassium, and antioxidants. Beets deliver a rich and satisfying taste and texture to many dishes.

ROAST FOR RICHNESS

Wrap unpeeled beets in foil with a little olive oil. Bake in a 375 degree oven and roast until tender, then peel once cooled.

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PINK HUMMUS

Add some canned beets when making your own hummus.

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BEET & CABBAGE SALAD

Combine grated, peeled beets with thinly sliced cabbage and oil and vinegar dressing.

