

Berry Beet Salad

- Beets are full of antioxidants that are shown by their bright color. Including a variety of colors in your diet provides a variety of nutrients.
- Fresh beets can be boiled, or steamed on the stovetop or microwave.
- To microwave steam, add trimmed beets to a microwave safe bowl and add 2 tablespoons of water. Cover and cook for 5 minutes, rotate beets, and cook for another 3-5 minutes. Use a fork to check for softness. When soft, add to a bowl of ice water to cool, then peel. Skin should remove easily by rubbing with fingertips.

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	10%
Potassium 283mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 4

Prep Time: 45 minutes (if using fresh beets)



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Ingredients:

- 1 can (15oz.) sliced beets, drained, or 4 fresh beets, boiled or steamed and cubed
- 1 cup fresh blueberries, rinsed
- 1/2 cup of canned (15oz.) corn, drained and rinsed, or 1 ear fresh corn, kernels only
- 1/2 cup frozen edamame beans, thawed or any type canned beans, drained and rinsed
- Juice of 1 lime (about 1 Tablespoon), more to taste
- 1 teaspoon fresh herbs or 1/2 teaspoon dried herbs (if you like)
- 1/8 teaspoon salt (a pinch)
- Red pepper flakes to taste (optional)
- 1 Tablespoon olive oil

Directions:

1. **Drain** canned beets in a strainer. **Cut** into bite sized pieces if necessary. **Drain** canned corn.
2. If using fresh beets, cut off greens and root tail. Place a medium pot half full of water on the stove and **boil**. When boiling, **add** beets for 20–30 minutes. Beets are done when a fork easily cuts into them. Can also **steam** beets for same amount of time in a steamer basket over a small amount of boiling water. Make sure the basket is not sitting in the water. **Remove** from heat and cool beets in cold running water or a bowl of water and ice. **Peel** beets – rub beets with finger tips, skin should slip off easily.
3. **Thaw** frozen edamame beans in cold water, **drain**. If using canned beans, **drain** and **rinse** in a strainer.
4. In a medium bowl, **mix** beets, blueberries, corn and beans.
5. **Squeeze** lime juice over the salad mix and **add** a pinch of salt. **Taste**. If you would like extra flavor, add fresh or dried herbs, more lime juice and/or red pepper flakes for a spicy kick.
6. If serving over salad greens, **add** olive oil to make a dressing to cover the greens.
7. **Serve** cold.

Recipe Credit:

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