

The Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Beets, Swiss chard, Lettuce, Cilantro, Turnips, Lettuce Mix, Spinach

Recipe of the week:

Beets Salad

Ingredients

- 1 bunch beets, washed and peeled
- 1 tablespoon butter or vegetable oil
- ½ cup water
- 2 tablespoons balsamic vinegar
- or make it Moroccan style and add onion, cumin, mint and orange juice
- salt and ground black pepper to taste

Directions

1. Shred beets.
2. Melt butter or oil in a skillet over medium heat. Cook and stir shredded beets in until slightly softened, about 5 minutes.
3. Pour water over the beets, cover the skillet with a lid, and simmer the beets until completely softened, about 10 minutes.
4. Stir balsamic vinegar or other seasoning with the beets.
5. Salt and pepper to taste.



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM