



## QUICK PICKLED BEETS

Serving Size ½ cup

### INGREDIENTS

- ½ pound fresh beets (any color)
- ¼ small red onion, thinly sliced
- 3 tablespoons balsamic vinegar
- 1 tablespoon canola oil
- 1½ teaspoons minced fresh basil
- 1 small garlic clove, minced
- ¼ teaspoon salt
- ⅛ teaspoon pepper

### DIRECTIONS

1. Scrub beets and trim tops to 1-inch. Place in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer 30-60 minutes or until tender. Remove from the water; cool.
2. Peel beets and slice thinly. Transfer to a small bowl. Add the remaining ingredients; toss to coat. Cover and refrigerate overnight for best flavor.

## WHAT TO LOOK FOR

- Choose beets with firm, smooth skins. If they are attached, make sure leaves are not wilted.
- Pick smaller beets because they are more tender than large.
- Try different colors, such as red, gold and white.

## HOW TO STORE

- Remove leaves, leaving about an inch of the stems. Use leaves as greens-raw or cooked. Store roots in a plastic bag in the refrigerator for up to 3 weeks.
- Wash before cooking. Tip: Because they bleed and will stain your skin temporarily, use a small amount of aluminum foil to scrub beets. Wearing gloves will also protect your hands.

## QUICK PICKLED BEETS NUTRITION FACTS

Calories 79, Saturated fat <1g, Sodium 193mg, Added sugar 0g, Dietary fiber 2g, Protein 1g, Folate 51mcg

**This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee.**

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