



Eat your Beets!

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Beets are beating a path to your tummy!

When opening the fridge to make room for this week's box, you may have been overwhelmed with beets! Time to get cooking and use up these nutritious and colorful root vegetables. There are so many amazing ways you can use beets: salads, stir fried, soups, fermented drinks (kavas), grated on salads, grated in veggie burgers, steamed with butter, juiced, or baked in cakes... Yes, this is true. We've included a recipe for beet chocolate cake that will make good use of the beets in the fridge and your Valentine's Day chocolate stash!



So instead of being overwhelmed by our locally grown beets, let's enjoy them to the max, especially the vibrant color combinations. Our beets have been grown in Alberta soil.

The whole of the beetroot plant is nutritious. The greens contain vitamins A and C, beta-carotene, iron, potassium and calcium being very similar to spinach in nutrition. The roots are an excellent source of foliate, potassium, vitamin A and manganese, they also are a good source of vitamin B and C, dietary fiber, magnesium, tryptophan, iron, copper, boron and phosphorous. Although high in sugars they are low in calories.

Beet Chocolate Cake

- 1 large beet
- unsweetened apple sauce
- 2 tbsp. water
- 1 tsp. vanilla extract
- 1 tsp. apple cider vinegar
- 1 cup whole wheat flour
- 1/2 cup unbleached white flour
- 1/2 cup cocoa
- 1 cup sugar
- 1 tbsp. cornstarch
- 2 tsp. baking soda
- 1/2 tsp. salt
- 1/4 tsp. cinnamon

Peel and dice one large beet. Place the pieces in a saucepan with water to cover and boil until soft.

Allow the beets to cool, and then drain them, reserving the red water for another purpose. Put the drained beets into the food processor with 1/4 cup (clear) water, and process until pureed.

Preheat the oven to 325 degrees. Oil or spray your cooking pan(s).

Put the pureed beets into a 2-cup measure. Add enough apple sauce to reach the 2-cup line. Add the 2 tablespoons water, vanilla extract, and apple cider to the beets and mix well.

Mix the dry ingredients together; then add the beet mixture and stir until well-combined. Bake for 35-60 minutes, depending on the size of pan you use: more for small, deep pans and less for a 9X13 pan. (I used a 9X13 pan, and it took 35 minutes.) Test by inserting a toothpick into the center; it's done when the toothpick comes out clean.

Allow to cool completely before cutting and serving.



Try this recipe out on your kids and let us know how it goes over. We want to hear from you! **twitter: @organicbox**