

# Featured Vegetable:

## **BEETS** / *REMOLACHAS*

High in immune-boosting Vitamin C, Fiber, and essential minerals like potassium (essential for healthy nerve and muscle function).



### Beet Fries

Ingredients	Directions
<ul style="list-style-type: none"><li>● 3 Beets</li><li>● 1 Tbsp Olive oil (Vegetable or Canola oil work as well)</li><li>● 1 Tsp. Salt</li><li>● Pepper to taste</li></ul>	<ul style="list-style-type: none"><li>● Preheat oven to 425F</li><li>● Peel and slice Beets into 1/2 inch sticks</li><li>● Lay Beets on the sheet pan in a single layer and drizzle Oil, and salt over top. Then toss to coat, and arrange back into a single layer</li><li>● Bake for 10 minutes, flip the Beets, and bake for another 10 minutes or until tender</li><li>● Serve in place of fries, or as a snack!</li></ul>

### Keep your heart 'beeting'!

Did you know that beets are a SUPER-FOOD? You can eat both the root and the leaves of the plant, getting your delicious fill of vitamins & minerals that are anti-inflammatory, detoxifying, and even support both heart and mental health!