



Brilliant Beets



Beetroot has a natural sweetness and beautiful colour many kids love.

Best of all, beetroot can be added to many menu items. Their sweet taste and rich colour pair well with other vegetables and brightens up any meal you make!

Shopping and storing

Fresh beetroot

- Luckily, beetroots in Australia are available year round - so prices don't change too much
- Choose beets that are firm, deep in maroon colour, smooth, and have fresh green leaves. The tip of the root should still be attached.

Canned beetroot

- Buy larger tins for greater cost savings
- Store in the fridge once opened (Tip: Use a glass container to avoid pink stains on plastic)

Preparing and serving

Beetroot is super versatile. Use it:

- **Raw** - grated or sliced in salads/coleslaws
- **Roasted** - with other veg like sweet potato and red onion
- **Pickled** - added to coleslaw or any salad for a tangy flavour
- **Canned** - slices for burgers or baby beets for salads



TOP TIP:

Grating raw beetroot?
Choose larger beets, leave the top and leaves in tact while peeling - they make a perfect handle for grating!

UNBEETABLE MENU IDEAS

Beetroot dip with toasted pita bread

Beetroot and apple slaw

Beetroot relish for burgers and wraps

Roasted beetroot - perfect for salads



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