



GINGERED BEETS & CARROT SLAW

RECIPE AND INGREDIENT FACTS SHEET

What are Beets?

Beets are root vegetables known for their deep red-purple color, though they also come in golden and striped varieties. They are rich in fiber, folate, and antioxidants that support heart and overall health. Beets can be eaten raw, roasted, juiced, or pickled, adding both nutrition and natural sweetness to meals.



Health Benefits of Beets

- **Heart health:** Nitrates improve blood flow.
- **Lower blood pressure:** May help reduce hypertension.
- **Anti-inflammatory:** Rich in protective antioxidants.
- **Digestive health:** Fiber supports digestion.



Scan for a
digital copy.

Flip for more
nutrition facts.

Recipe (serves 6)

ADAPTED/RAM WWW.YUMMLY.COM

Ingredients

- 4 cups grated beets 4 cups grated carrots
- 1/2 cup chopped onion
- 1/2 cup chopped poblano pepper
- 1 tablespoon minced ginger
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- 2 teaspoons mustard
- 1/4 cup chopped fresh cilantro Salt and pepper to taste

Instructions

1. In a large bowl, combine the beets, carrots, onion, poblano pepper and ginger.
2. In a small bowl, combine the lime juice, oil, mustard and cilantro. Pour onto the slaw.
3. Season with salt and pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Quick Tips!

- Use care when preparing. Beet juice can stain! Use salt to remove juice stains from hands.
- Add cooked sliced beets to salads.
- Don't throw out the beet greens! Rinse, chop and cook in soups and stir fry dishes.



GINGERED BEETS & CARROT SLAW

READ MORE ABOUT THE HEALTHY INGREDIENTS!

Recipe Health Benefits

Gingered Beet & Carrot Slaw is a colorful mix of beets, carrots, onion, poblano pepper, ginger, lime juice, vegetable oil, mustard, and cilantro, and its ingredients provide several health benefits:

- **Beets** – rich in fiber, folate, and antioxidants that support heart health and circulation.
- **Carrots** – high in beta-carotene and vitamin A for eye and immune health.
- **Onion & poblano** – provide antioxidants and compounds that support metabolism and immunity.
- **Ginger** – contains anti-inflammatory compounds that may ease digestion.
- **Lime juice** – an excellent source of vitamin C for immune support.
- **Vegetable oil** – adds healthy fats that aid nutrient absorption.
- **Mustard** – offers antioxidants and compounds that may support metabolism.
- **Cilantro** – contains vitamins and minerals and may support detoxification.

Together, this slaw delivers fiber, antioxidants, and anti-inflammatory compounds in a light, refreshing dish that supports overall health.

Key Points When Choosing and Preparing Beets

- For the best buy, choose firm, smooth beets with a rich, dark color.
- To prepare, remove greens, leaving 1 inch of stem. Scrub well. Beet roots and skin may be roasted, boiled or eaten raw.
- To keep fresh, separate beet greens from roots, store in the refrigerator and use within two weeks.
- Beets contain fiber, which helps to keep you regular.