DID YOU KNOW?

Not all beets are red! You can also find beets that are purple, pink, golden, white and even striped like a candy cane!
**BEET & BEAN BURGERS**

**Ingredients:**
- 1 1/4 cup cooked white or brown rice, or substitute with quinoa
- 1 cup cooked black or pinto beans
- 1 cup shredded beets
- 1/2 minced onion
- 2 cloves minced garlic (or 1 tsp garlic powder)
- Olive oil
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/2 tsp pepper
- Optional: 1/4 tsp chili powder

**Kitchen Tools:**
- Measuring cups & spoons
- Rice cooker/pot for cooking rice
- Pressure cooker/pot for cooking beans
- Large skillet
- Cutting board
- Knife (ask an adult for help!)
- Large mixing bowl
- Mixing spoon
- Oven (if you are using the baking method)
- Baking sheet (if you are using the baking method)
- Spatula for flipping burgers

**Make it your own!** Add in mushrooms, bread crumbs or corn, or try mixing up the spices with chili powder, thyme, fennel, mustard powder or paprika!

**Nutrition Facts:** Makes 6-8 servings, Per Serving: 100 calories, 0.5 g fat, 380 mg sodium, 20 g carbohydrate, 4 g fiber, 3 g sugar, 4 g protein.
Instructions:

- **Prep:** cook your rice or quinoa using your preferred method and cook beans until soft.

  - **Bean cooking tip:** Soaking your beans overnight helps to remove some of those indigestible sugars that cause tummy troubles!

1. Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot, add the onion and sauté until onions are soft - about 5 minutes.

2. Once onions are soft, add in minced garlic and sauté for another 3 minutes. If you are using garlic powder, add this in step 4 instead.

3. Remove onions and garlic from heat and transfer into a mixing bowl. Add cooked beans, salt and pepper and mash it all together. You’re looking for a rough mash, so you can leave a bit of texture if you want.

4. Add in the rice/quinoa, beets, spices and stir.

5. Set bowl in the fridge to chill while your oven preheats to 375 degrees F. Skip this step if cooking on the stovetop.

6. **Baking:** Shape into burgers and brush or spray tops with a little oil. Bake patties on greased or lined sheet pan in 375 F degree oven until colored and exteriors slightly crisped, 15-20 minutes. Serve as you would burgers, in buns or lettuce cups with fixings and sauces.

7. **Stovetop:** For a quicker cook time, form into slightly thinner patties and brown in a skillet over medium heat lightly coated with olive, avocado or coconut oil. Cook until brown on both sides, 3-4 minutes each. **NOTE:** This method doesn’t get them as well done in the middle, but the crust is more pronounced.
BEET CAKE

Ingredients:
- 10 eggs
- 1/2 cup sugar
- 1/2 cup honey
- 2 Tbsp coconut oil
- 10 Tbsp whole wheat flour
- ¼ tsp salt
- 2 Tbsp cacao or unsweetened cocoa powder
- 10 Tbsp beet pulp (or grated beets if you do not have access to a juicer)

Kitchen Tools:
- large and small bowls
- whisks
- spatulas
- thermometer
- sieve/sifter
- cup and spoon measures
- sheet pans
- parchment paper
- toothpicks
Instructions:
- Make beet pulp OR grate beets if you do not have access to a juicer.

*If you have a juicer:*
- Cut Beets into pieces that will fit the juicer chute; quarters or sixths, depending on the size of the beets.
- Check juicer is properly set up, with strainer basket connecting with base, waste container fitted to the lid, catchment pitcher to the tube.
- Turn juicer on to the hard setting. Feed beet pieces into the chute, using the fitted insert piece to push beet into chute.
- Once juice pitcher is full, start filling jars with beet juice. Empty beet pulp into a large bowl periodically. Remove any big pieces.

1. Grease and line sheet pan. Set oven to 325 degrees. Measure and melt coconut oil.
2. Sift cacao. Measure flour and mix with cacao.
3. Measure beet pulp.
4. Measure honey and sugar into large bowl. Add salt.
5. Crack 7 eggs into same large bowl.
6. Separate yolk from egg white of 3 eggs and add to whole eggs. Discard whites.
7. Fill sink with hot water. Place bowl in sink and whisk mixture, testing with thermometer periodically. Once mixture has reached 100 degrees F, remove.
8. Mix until thick, pale and doubled. 5-8 mins. It is ready when the mixture mounds then sinks back in.
9. Carefully fold in flour, oil and beet pulp, just until no streaks are visible.
10. Pour onto prepared sheet pan.
11. Bake 15- 20 minutes or until a toothpick comes out clean.

*Note: the batter can also be split into two 2 x 9 inch cake pans for a 2 layered cake.*
MAKE BEET VALENTINES!

Here’s what you'll need:
- Beets – you will need raw whole beets for this project
- Cutting board
- Knife
- White cardstock paper – This is what you’ll use to make Valentine’s Day cards, but you could use regular copy paper or light colored construction paper too.
- Black marker – A black pen or fine-tipped permanent marker will be used to draw a face on your hearts or write a message on your Valentine’s Day card.

Here’s what you'll do:
1. Pick out your beet: You’ll want to look for whole beets on the larger side, so you have plenty of room to cut out the heart shape. Do not cook the beets or cut them up.
2. Cut out a heart shape: Grab an adult and have them use a sharp knife to cut off the stalk (tops) and roots (bottom) of your beet. Then using a pattern, or a cookie cutter, or just free handing, have an adult cut a heart shape into the largest smooth side of the beet.
3. Press onto a card: While the beet is still freshly cut, immediately position it onto the white paper and press down with medium pressure. Lift it up to reveal a pretty magenta colored heart print. Add as many hearts to your paper as you wish!
4. Decorate: Allow it to dry for a minute or two, and then grab a black Sharpie to make your hearts unique. Write a sweet Valentine’s Day message, draw a silly face, draw a funny scene! Whatever your little heart desires!
Make Beet Valentines!

Things to consider when making beet heart stamps:

- **How to reuse the stamp:** Since the beet will dry out rather quickly once it’s been cut, to make it last, try boiling a few beets in a pot of water for about 15–20 minutes. Allow the water to cool, then ladle out about a 1/4 cup of the pink “beet water” into a shallow bowl. Dip your beet heart stamp into the beet water, dab the drips with a towel, and stamp onto your paper. This way, you can keep the project going using the same stamp for days!

- **Beet juice stains:** Although beets are naturally vibrant and beautiful, the pink color does stain, so be sure to do this project over a table cloth or towel to protect your surfaces. Also, be prepared for pink fingers! The pink wears off after a few hours, but you may consider using gloves if this bothers you.

Source: https://sproutingwildones.com/beet-heart-stamps/