



HEALTHY to a "T"

October 2018

Harvest of the Month

Beets



FUN FACTS:

Beets are the sweetest of the root vegetables.

Both the red fleshy root and the dark green leaves are edible. The beet leaves taste similar to spinach and are very nutritious!

The betalain pigments in beets give beets their red color, and are known to capture toxins in the body and flush them out.

Borscht is a popular beet soup in Russia.

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Fall Offerings

Fall is among us, which means bountiful harvest, slight crispness to the air and the perfect time of year to enjoy outdoor activities.

- Eat the season's colorful harvest...
 - ☐ Picked at its ripest...what is better than this
 - ☐ Loaded with antioxidants to help our bodies fight off disease and illness
 - ☐ Enjoy old family recipes or explore new exciting ones
- Breathe the clean, fresh air...
 - ☐ Boosts immune system to keep illness at bay
 - ☐ Increases energy
 - ☐ Reduces stress and anxiety
 - ☐ Increases happiness
- Enjoy a nature-filled activity...
 - ☐ Get adventurous and enjoy a corn maze and other activities
 - ☐ Socialize at a local fall festival
 - ☐ Select the perfect pumpkin at a pumpkin patch
 - ☐ Find a new apple orchard or visit the family favorite

Take time to enjoy what fall has to offer and improve your health and well-being while spending time with family and friends!

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HARVEST OF THE MONTH RECIPE—OCTOBER

Beet & Feta Bake

Yield: 4 servings

- ½ c yellow grape tomatoes
- ½ c red grape tomatoes
- 2 Tbs minced garlic
- 2 Tbs fresh or dried oregano
- 1 Tbs red wine vinegar
- 10 ea Kalamata olives
- 1 Tbs olive oil
- 2 ea whole beets (peeled and spiral)
- 1 tsp Kosher salt
- ½ tsp black pepper
- 4 oz feta cheese
- 2 Tbs fresh parsley

1. Preheat oven to 400°F.
2. In a large bowl, combine all ingredients except the cheese and parsley.
3. Place the feta cheese in the center of a casserole dish, top and surround with the beet mixture. Cover with foil and bake for 20 minutes (or until the beet noodles wilt).
4. Serve, garnish with parsley.

NUTRITION SNAPSHOT ~ 1 serving

160 calories, 10g total fat, 3g saturated fat, 7g protein, 3g sugar, 10g carbohydrate, 950mg sodium, 2g fiber, 15mg cholesterol