

## **Beets and You**

**January** marks the beginning of a new year! Consumers may want to improve their diet to promote good health as their new year's resolution. In recent years, beets have become popular as a part of a healthy diet. The beet is a root vegetable and it is available all year. Beets have a sweet and earthy flavor. They can be eaten raw, cooked, or preserved. Beets are a good source of potassium and folate. It also contains some essential vitamins and minerals such as iron, B vitamin and magnesium. Although some other vegetables may contain those nutrients, beets are a rich source of phytochemicals such as phytosterols, betalains, and nitrates. Phytochemicals are found in plant and are good for one's health. According to research studies, phytosterols are cholesterol-like compounds and can help to lower blood cholesterol levels. Furthermore, Betalains provide antioxidant and can reduce the risk of some cancers, cardiovascular disease, and damage of the liver and kidney. Also, Nitrates in beets have been linked to athletic performance. Studies showed that athletes exercise faster or improve overall performance by consuming beet juice daily. Beets have also been used as a common vegetable for athletes to replenish energy. Let's start adding beets in your meal today!



### **Beet Burger**

#### **Ingredients**

1 tablespoon extra-virgin olive oil  
½ cup diced onion  
1 large egg  
1 cup grated peeled beet  
1 cup grated carrot  
½ cup grated Parmesan cheese  
½ cup cooked brown rice

½ cup toasted unsalted sunflower seeds  
¼ cup toasted sesame seeds  
3 tablespoons whole-wheat flour  
2 tablespoons chopped fresh parsley  
1 teaspoon reduced-sodium soy sauce  
¾ teaspoon kosher salt

Step 1 Preheat oven to 375 degrees F. Line a baking sheet with parchment paper.

Step 2 Heat oil in a small skillet over medium-high heat. Add onion; cook, stirring occasionally, until soft and golden, about 3 minutes.

Step 3 Whisk egg in a large bowl. Stir in beet, carrot, Parmesan, rice, sunflower seeds, sesame seeds, flour, parsley, soy sauce, salt and the onion until well combined. Using 1/2 cup for each, shape the mixture into 6 patties, each about 2 1/2 inches wide. Place on the prepared pan.

Step 4 Bake until browned and heated through, about 30 minutes. Serve on buns with your favorite toppings, if desired.

#### References

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