

Beets & Sweets – Wayzata Public Schools, MN

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Beets, fresh[§] (AP), diced	8 lb. 6 oz.	16 lb. 11 oz.	4 lb. 3 oz.	<ol style="list-style-type: none"> 1. Preheat oven at 400 degree. 2. Trim off the beet crown and tail to ½ inch and dice into bite-size. Cut sweet potatoes into bite-size chunks and chop up onion. 3. In a large bowl, combine all ingredients together. Mix well. 4. Place pan liners on sheet pans. Divide and spread out mixture evenly in each pan. 5. Bake in a convection oven for 20 minutes. Remove and gently mix. Bake for additional 20 minutes or until fork tender. 6. Hold food for serving at an internal temperature above 140 F. <p>❖ Serving Size: ½ cup</p> <p>□ Note: temperature and baking time vary by ovens.</p>
Sweet potato, fresh[§] , chunks	8 lb. 6 oz.	16 lb. 11 oz.	4 lb. 3 oz.	
Onion, yellow, fresh[§] , chopped	4 lb. 3 oz.	8 lb. 6 oz.	2 lb. 2 oz.	
Olive oil	1 cup	2 cup	½ cup	
Garlic, fresh[§] , finely chopped	2 ½ Tb	5 Tb	1 ¼ Tb	
Salt	1 Tb + ½ tsp	2 Tb + 2/3 tsp	1 2/3 tsp	
Black pepper, ground	2 ½ Tb	5 Tb	1 ¼ Tb	
Sugar, granulated	2 ½ Tb	5 Tb	1 ¼ Tb	

§WA product available when in season

Approximate preparation time: 30 min. + 40 min. in the oven

Tips & Variations:

- **Beets** come in various colors: Red, Gold, and Chioggia (red & white rings when cut horizontally). When roasted, Chioggia's distinct rings disappear and flesh becomes beautiful pink that is lighter than Red beets. Try mixing multiple varieties of beets.
- **Beets** and **Sweet potatoes** are best when tender but not mushy!
- You can substitute beets and/or sweet potato with **carrots, parsnips, rutabaga, and purple potatoes** – you name it! – They all are grown in Washington State.



Beets & Sweets

Child Nutrition Program Food Components:

✓ ½ cup vegetable

Nutrients Per Serving:

Calories	170 kcal
% Calories from Fat	27 %
Total Fat	5 g
Saturated Fat	< 1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	420 mg
Total Carbohydrates	30 g
Dietary Fiber	4 g
Protein	3 g
Vitamin A (15,806 IU)	> 100 %
Vitamin C (13 mg)	50 %
Calcium	2 %
Iron	12 %

👉 **Beets** are available throughout the year in Washington State, but the peak harvest season is usually May through September when you can find fresh beets with greens. Beets greens are rich in vitamin A and easily used in stir-fry or sautéed. [Check out the Washington Grown Vegetable Seasonality Chart!](#)

👉 **Storage Tip:** To maintain firmness of beet roots, cut off greens/leaves and stems 1-2 inches above the root crown. Store in a plastic bag and refrigerate in the hydrator drawer. They will last longer if stored properly. Store greens wrapped in a damp cloth or in a plastic bag in a drawer of the refrigerator. Greens diminish their integrity rapidly, so use while fresh and crisp. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)*]

notes

