

P ntry News

July 2020 Issue # 11

Beets are delicious root vegetables with a natural sweetness and a beautiful deep-red color. They're packed with essential vitamins and minerals. Some health benefits include antioxidant, anti-inflammatory, and detoxification support.

Simple Borscht* Soup

*pronounced: borsh

Ingredients:

3 TB olive oil
1 medium onion, chopped
3 cloves garlic, chopped
6 medium beets, peeled and chopped
2 cups beef stock
Salt and freshly ground pepper, to taste
Heavy cream optional



Preparation:

1. Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic. Cook until soft but not browned. Stir in beets. Cook for 1 minute.
2. Stir in beef stock. Season with salt and pepper. Bring to a boil; cover, and simmer until beets are tender. This will take 20 to 30 minutes. Remove mixture from heat. Allow to cool slightly.
3. In batches, add beet mixture to a food processor or blender. Blend (pulse) until you get a liquid consistency. Return soup to saucepan. Gently heat through.
4. Spoon into bowls. Garnish with the heavy cream.

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Shredded Beet and Carrot Salad

2 medium beets
2 large carrots
1 1/2 Tablespoons balsamic vinegar
1 1/2 Tablespoons sunflower or other mild oil

Peel the raw beets and carrots. Using the shredding disc of a food processor or the large holes of a box grater, shred the beets and carrots. Toss them with the vinegar and oil. Serve at once, or cover and refrigerate up to 3 days.

Other ways to prepare beets: Cook, slice and serve hot with butter, salt and pepper... **pickled beets** are cooked, cooled, sliced or quartered and then refrigerated in an oil and vinegar dressing (1/4 cup cider vinegar, 1 Tablespoon sugar, 1 Tablespoon of any mild vegetable oil). Then refrigerate overnight to let all the goodness sink in. You can also add hard boiled eggs into the jar and let sit for a pickled egg and beet treat.

Today's beets and eggplants were grown at [Willow Wisp Organic Farms](#) in Damascus.

See other side for additional recipes...

WAYNE COUNTY FOOD PANTRY 570-253-4262



Eggplants, or aubergine, provides fiber and a range of nutrients including copper, manganese, B-6, and thiamine. In addition, eggplants are a source of phenolic compounds that act as antioxidants. Antioxidants help the body eliminate free radicals that can damage cells.



Tomato Eggplant Bake

Cheesy and delicious, this casserole features a crisp crumb topping. It's a good meatless entree for a summer-time meal.

Ingredients

- 1 medium eggplant (1 pound), peeled and cut into 1/2-inch slices
- Salt to taste
- 1 large tomato, sliced
- 1 medium onion, sliced
- 6 tablespoons butter, melted, divided
- 1/2 teaspoon dried basil
- 1/2 cup dry bread crumbs
- 4 slices mozzarella cheese, cut into thirds
- 2 tablespoons grated Parmesan cheese



Directions

- **1.** Place eggplant slices in a colander over a plate; sprinkle with salt and toss. Let stand 30 minutes. Rinse and drain well.
- **2.** Preheat oven to 450°. Layer eggplant, tomato and onion in a lightly greased 13x9-in. baking dish. Drizzle with 4 tablespoons butter; sprinkle with basil. Cover and bake 20 minutes.
- **3.** Toss bread crumbs and remaining butter. Arrange mozzarella cheese over vegetables; sprinkle with crumb mixture and Parmesan cheese. Bake, uncovered, for 10 minutes or until cheese is bubbly.

WAYNE COUNTY STRONG

