



# WE GOT THE BEETS



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# We Got the Beets at home!

## Colorful Beet and Potato Puree

Place 3 medium cubed potatoes, ½ pound cubed beets, and ¼ cup water in a microwave-safe dish and cover with a lid or plastic wrap. Microwave on high until tender (about 10-12 minutes). Remove the lid. Add ½ cup skim milk and optional 1 Tbsp butter or margarine. Mash with a potato masher (kids can help with mashing!).

## Family Fun: Taste Test Beets

- Grab fresh beets and canned beets from the grocery store.
- Prepare the fresh beets in the microwave as described in the recipe above.
- Try one slice of fresh beet and one slice of canned beet.
- How are they the same or different?
- Does your family have a favorite?

*Make meals and memories together. It's a lesson kids will use for life.*

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