



urban  roots

APPETIZER

from our family to yours

Happy Thanksgiving!



Make your Own BEET DIP

INGREDIENTS:

- 1 cup of full-fat Greek yogurt
- 10-12 oz. of red beets (about 3 medium beets)
- 2 cloves of garlic
- Pinch of salt
- 1.5 teaspoons of lemon juice
- Black or white sesame seeds (optional for garnish)

INSTRUCTIONS:

- 1). Drain yogurt overnight in the refrigerator using cheesecloth or a coffee filter in a sieve over a bowl.
- 2). Bring a large pot of salted water to boil. Wash the beets and cut off the greens. Boil for 20 to 40 minutes until tender. Let cool, then remove the skin. Roughly chop the beets.
- 3). In a food processor or blender, add the garlic, lemon juice, yogurt, and cooled cooked beets. Purée until smooth.
- 4). Add salt and lemon to taste. Garnish with sesame seeds.



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Say hello to BEETS

HOW DO BEETS HELP OUR BODY?

Beets include:

- Folate: Helps make new blood cells & DNA
- Fiber: Promotes good digestion
- Potassium: Helps maintain a healthy blood pressure and heart
- Vitamin C: Helps heal cuts and wounds; keeps teeth and gums healthy

Fun
Facts

Ancient Assyrian texts reveal that beets grew in the legendary Hanging Gardens of Babylon in 800 BC.

Beet leaves can also be eaten - raw or cooked!

Sugar is produced from one variety of beets (sugar beets) and the red color can be used in food coloring