

## **CWA of NSW Product of the Week – Beetroot**

Beetroot is the taproot part of the beet plant and belongs to the same family as spinach. Both the root and leaves can be eaten, however the leaves have a bitter taste and it is predominately the sweeter root portion that is eaten. Beetroot is also used as a food colouring and a medicinal plant.

Beetroot is dark purple, white or golden in colour and can be eaten raw, steamed, boiled or pickled.

Beetroot has a high nutritional value, especially the greens, which are rich in calcium, iron and vitamins A and C. They are also an excellent source of folic acid, fibre, manganese and potassium.

### **Recipe**

#### **Beetroot Hummus**

**Serves:** 6

#### **Ingredients:**

2 beetroot, trimmed, washed and halved  
1 ½ cup canned chickpeas, drained and rinsed  
3 tablespoons tahini paste  
2 cloves garlic  
3 tablespoons lemon juice  
2 tablespoons vegetable stock (low salt)  
3 drops tobasco sauce

#### **Method:**

1. Microwave beetroot on HIGH for 10-15 minutes or until tender. Slip the beets out of their skin and roughly chop.
2. Place the beetroot and all other ingredients in a food processor and process until smooth.
3. Serve as a dip with toasted Turkish bread and fresh vegetables.

*Source: Grains and Legume Nutrition Council, © Recipe kindly provided by Sanitarium Health & Wellbeing Company.*