

Warm, Cool & Crunchy:

recipes using Yukon-grown vegetables



FROM THE
GROUND UP

Yukon Healthy
Choice Fundraiser

DU CHAMP
À LA TABLE

Collecte de fonds
— Choix santé

Growing Forward 2 | Cultivons
l'avenir 2

yukonfromthegroundup.ca

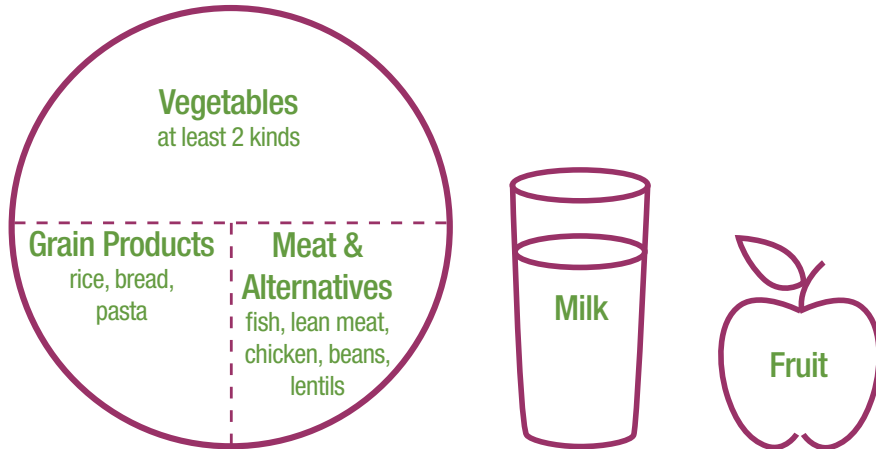


Yukon
Government
Gouvernement



A Healthy Plate at lunch and supper

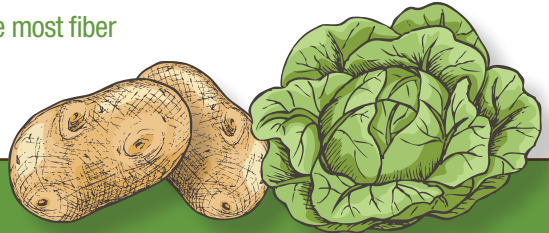
A great way to plan a well-balanced meal is to divide your plate into sections and fill half your plate with a variety of colorful vegetables!



Eat your veggies!

Veggie	Potassium	Folate	Vitamin C	Fiber	Beta-carotene	Vitamin K
Potatoes	X		X	X		
Carrots					X	
Beets	X	X	X			
Cabbage			X	X		X

make sure to eat the skins of potatoes to get the most fiber



Potassium is important for the health of your bones, kidneys, nerves and muscles.

Vitamin C helps to absorb iron from plant foods (such as grains and vegetables), protects you from bruising and helps to heal cuts and wounds, and produces the tissue that holds muscles and bones together.

Beta-carotene is what gives carrots their bright orange colour. Beta-carotene also acts as an antioxidant. Antioxidants may lower the risk of some chronic diseases. Beta-carotene is also converted to vitamin A in your body. Vitamin A helps your eyes and skin stay strong and healthy.

Folate helps to build new red blood cells and lowers the risk of having a baby with birth defects. It may also help lower the risk of heart disease.

Fibre can help to:

- Keep you regular and avoid constipation;
- Lower your cholesterol; and
- Control your blood sugar.

Research shows that fibre may also help you maintain a healthy body weight and lower your risk of heart disease and some cancers like colon cancer.

Vitamin K helps your body heal wounds, maintain your blood vessels and keep your bones healthy.

Potato Recipes

Potato storage tips

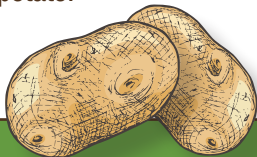
Store potatoes in a cool, dark place; potatoes will last up to two to three months. Make sure air can circulate around the potatoes; do not store in a tight plastic bag.

Did you know?

Exposure to light causes potatoes to turn green. Trim away any green area before cooking.

What's a serving size of potatoes?

Potatoes belong to the Vegetables and Fruit food group in Canada's Food Guide. One Food Guide serving is $\frac{1}{2}$ cup (125 mL) or $\frac{1}{2}$ a medium-sized potato.



Smashed Potatoes with Goat Cheese and Chives

Serves: 12

Time: 20 minutes

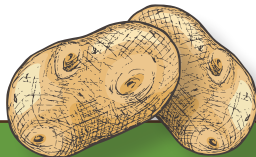
Get the same creaminess—and a lot more flavor—when you blend goat cheese instead of cream cheese into your potatoes.

Ingredients:

3 pounds	peeled baking potatoes, cut into 1-inch pieces (8-9 medium potatoes)
2 tbsp	unsalted butter
¾ cup	goat cheese
¼ tsp	freshly ground black pepper
1 cup	milk
3 tbsp	finely chopped fresh chives

Instructions:

1. Place potatoes in a saucepan, and cover with cold water up to two inches above; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Return the potatoes to pan over low heat; add butter to pan. Mash the potatoes with a potato masher to desired consistency.
2. Add cheese and pepper to potato mixture; stir until cheese melts. Stir in milk; cook one minute or until thoroughly heated, stirring frequently. Remove from heat; stir in chives.



Baked French Fries

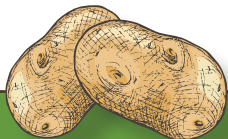
Serves: 4

Time: 15 minutes to prepare and 25 minutes to cook

These crispy fries are a healthy and easy alternative to oil-fried potatoes.

Ingredients:

4 medium potatoes
¼ cup extra-virgin olive oil
your choice of seasoning;
try some rosemary, thyme,
or garlic powder



Instructions:

1. Adjust an oven rack to the lowest position and preheat the oven to 475°F (245°C)
2. Scrub the potatoes and cut them, lengthwise, into 10 to 12 even wedges. First quarter the potatoes lengthwise, and then cut each quarter lengthwise into two to three wedges.
3. Place the sliced potatoes into a large bowl and cover them with hot tap water. Let them soak for 10 minutes (this releases some of the starch in the potatoes and lets them absorb moisture, which leads to crisp outsides and moist interiors).
4. Drain the potatoes and pat them dry thoroughly with a tea towel or paper towels. Toss the potatoes with oil and seasoning such as rosemary, thyme or garlic powder. Mix evenly.
5. Arrange the fries in a single layer on a baking sheet and cover the sheet tightly with foil. Bake for five minutes, then remove the foil and continue to bake for 10 minutes. Rotate the pan and cook another five to 10 minutes, until the underside of the potatoes are spotty golden brown.
6. Remove the baking sheet from the oven and scrape the fries loose with a spatula. Then use tongs or the spatula to flip over each wedge (keep the potatoes in an even layer). Continue to bake until the fries are golden and crisp, about 5 to 10 minutes longer. Rotate the pan as necessary to help them brown evenly.

Scalloped Potatoes

Serves: 10

Time: 20 minutes to prepare
and 60 minutes to cook

Ingredients:

4	potatoes
1	onion
3 tbsp	margarine
	Pepper, to taste
½ cup	whole wheat flour
2 cups	skim milk

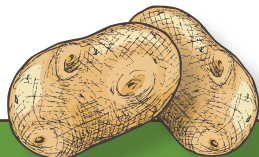
Instructions:

1. Slice potatoes and onions thin.
2. Preheat oven to 350°F (175°C).
3. Grease a baking dish.
4. Layer half the potatoes, onion, margarine and flour in the dish. Sprinkle with pepper. Repeat layers.
5. Pour milk over all.
6. Bake in oven for one hour or until potatoes are soft.

Note: To speed up cooking time, heat milk in saucepan before adding.

Recipe variations: Add chopped celery or mushroom pieces to first step.

Source: http://www.healthyalberta.com/recipe_detail.html?id=402881823831ca82013831cdc6ae00b5



Balsamic Potato Salad

Serves: 6

Time: 15 minutes to prepare, 20 minutes to cook, and 10 minutes to let stand

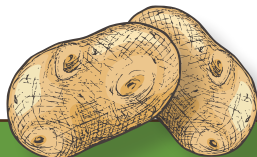
Ingredients:

3 lbs small red potatoes
½ cup oil-packed sun-dried tomatoes, slivered
3 tbsp capers
½ cup balsamic vinegar
2 tbsp olive oil
1 tbsp Dijon mustard
½ tsp pepper
2 tbsp fresh oregano or basil, chopped

Instructions:

1. Cook potatoes in boiling water until tender. Drain and let cool; cut in half. Add tomatoes and capers.
2. Whisk together vinegar, olive oil, mustard and pepper. Toss with potato mixture.
3. Let stand for 10 minutes. Sprinkle with oregano.

Source: http://www.healthyalberta.com/recipe_detail.html?id=402881823831ca82013831cdb71d0086



Gourmet Potatoes

Serves: 12

Time: 10 minutes to prepare and 45 to 60 minutes to cook

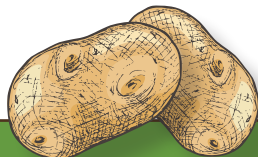
Ingredients:

4 cups	fresh or leftover mashed potatoes
3 tbsp	margarine
1 ½ cups	low-fat shredded cheese
½ cup	low-fat sour cream
1 tbsp	minced onion
¼ tsp	pepper
Dash	paprika

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients together and place in a 2 quart or 2 L casserole dish.
3. Sprinkle with paprika.
4. Bake uncovered in the preheated oven for 45 to 60 minutes, or until potatoes are bubbly and brown on top.

Source: http://www.healthyalberta.com/recipe_detail.html?id=402881823831ca82013831cde47f0109



Apple Potato Pancakes

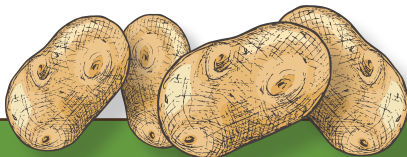
Serves: 6

1 ¼ cup	apples, unpeeled & finely chopped
1 cup	potatoes, peeled & grated
½ cup	apple sauce
½ cup	all purpose flour
2	egg whites
1 tsp	salt

Instructions:

1. In a medium bowl; combine apples, potatoes, apple sauce, flour, egg whites and salt.
2. In a nonstick frying pan; heat over medium heat until hot. Drop rounded tablespoonfuls of batter into skillet. Cook 2 to 3 minutes on each side or until lightly browned. Place pancakes on nonstick cookie sheet. Bake in preheated 475⁰ F (240 C) oven for 10 to 15 minutes or until crisp. Serves with additional apple sauce or apple slices if desired.

Source: Peak of the Market <http://www.peakmarket.com/>



Eggs in Potatoes

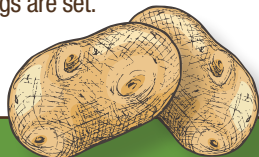
Serves: 4

- 4 large potatoes
- 4 tbsp butter
- 2 tbsp light cream
- 4 eggs
- pepper to taste

Instructions:

1. Bake potatoes in preheated 400 F (200° C) oven for 1 hour or until soft.
2. Cut potatoes lengthwise in half and use a teaspoon to scoop out flesh into bowl. Mash flesh with butter, cream, and pepper.
3. Evenly distribute potato mixture into potato shells. Place on baking dish. Make a hollow in centre of each potato.
4. Break an egg into each potato shell. Bake for 10 to 15 minutes or until eggs are set.

Source: Peak of the Market <http://www.peakmarket.com/>



Potato and Parmesan Soup

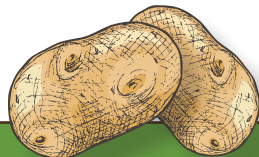
Serves: 4

1 lb	potatoes, diced
½ lb	leeks, white part only, washed & thinly sliced
1	onion, finely chopped
¼ cup	lean bacon, finely diced
2 ¼ cup	low sodium beef stock
½ cup	light cream
3 tbsp	parmesan, grated
-	pepper to taste
1 tbsp	fresh thyme leaves

Instructions:

1. In a saucepan of boiling water, cook potatoes for 15 minutes or until soft. Meanwhile, cook leeks in separate saucepan of boiling water for 15 minutes or until tender but still firm. Pour water off both pans.
2. Heat oil in large saucepan and saute onion and bacon for 5 minutes. Add stock and bring to gentle boil. Add potatoes and leeks, allow to heat through, then stir in cream. Do not allow cream to boil.
3. Add parmesan and allow to melt. Season with pepper. Sprinkle with thyme and serve.

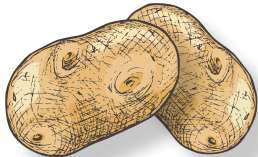
Source: Peak of the Market <http://www.peakmarket.com/>



Cheesy Skillet Potatoes

Serves: 6

1 ½ lb	potatoes, cubed
2 tbsp	butter
1	large onion, coarsely chopped
1	green pepper, cubed
1	red pepper, cubed
1 ½ cup	cheddar cheese, shredded
2 tbsp	fresh parsley, chopped



Source: Peak of the Market <http://www.peakmarket.com/>

Instructions:

1. Cook potatoes in boiling water for 5 minutes. Drain well.
2. Melt butter in large non-stick frying pan. Add potatoes and onions to pan and cook over medium high heat, stirring frequently until potatoes start to turn golden; about 5 minutes. Add peppers to pan and continue cooking and stirring until peppers are almost tender; about 5 minutes.
3. Fold cheddar cheese into the potato mixture and spoon into serving bowl. Cover and let stand for 2 minutes or until cheese is melted.
4. Serves immediately; garnish with fresh parsley.

Creamed Corn & Potato Bake

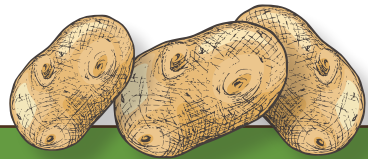
Serves: 3

- 4 large potatoes
- 2 cups canned creamed corn
- 1 ½ cup cheddar cheese, shredded
- 2 medium onions, thinly sliced

Instructions:

1. Cook potatoes in boiling salted water for 3 minutes; drain and slice.
2. Layer corn, cheese, potatoes and onions in an ovenproof dish, finishing with a layer of cheese.
3. Bake in preheated 400° F (200° C) oven for 45 minutes until potatoes are tender.

Source: Peak of the Market <http://www.peakmarket.com/>



Carrot Recipes

Carrot storage tips

In the refrigerator, store carrots in a plastic bag up to three weeks. Remove the leafy green carrot tops before storing. Otherwise the greens will take moisture out of the carrots and make them tough and wilted.

Did you know?

Baby carrots are full-grown carrots that have been peeled and shaped into smaller pieces by a machine. Because they no longer have the skin, they have less fibre than regular sized carrots.

What's a serving size of carrots?

Carrots belong to the Vegetables and Fruit food group in Canada's Food Guide. One Food Guide serving is $\frac{1}{2}$ cup (125 mL).



Carrot Salad with Almond Dressing

Serves: 4

Time: 15 minutes to prepare and 30 minutes to marinate
Almond butter and lime juice add tons of flavour to a simple carrot and red pepper salad.

Ingredients:

2 large	carrots, peeled
1 large	red bell pepper, thinly sliced
¼ cup	minced fresh cilantro
½ cup	raisins
¼ cup	creamy almond butter
1 tbsp	fresh lime juice
1 ½ tbsp	sodium reduced soy sauce
1 tsp	honey
	pinch of red pepper flakes

Instructions:

1. Shred carrots using a box grater or food processor and place in a large bowl. Add bell pepper, cilantro and raisins and mix.
2. In a small bowl whisk together almond butter, lime juice, soy sauce, honey and pepper flakes. Add dressing to carrot mixture and mix thoroughly.
3. Allow to marinate for at least 30 minutes in the refrigerator before serving.



Roasted Carrots

Serves: 4

Time: 40 to 60 minutes

Carrots are tossed with olive oil and honey in this simple, easy, and delicious side dish.

Ingredients:

8 carrots, peeled
3 tbsp olive oil
¼ cup honey
ground black pepper to taste

Instructions:

1. Preheat oven to 350°F (175°C).
2. Place the whole carrots into a baking dish, and drizzle with olive oil. Mix until the carrots are completely covered with olive oil. Pour on the honey, then season to taste with pepper; mix until evenly coated.
3. Bake in the preheated oven until just tender, or cooked to your desired degree of doneness, 40 minutes to one hour.



Ginger Orange Carrots

Serves: 4

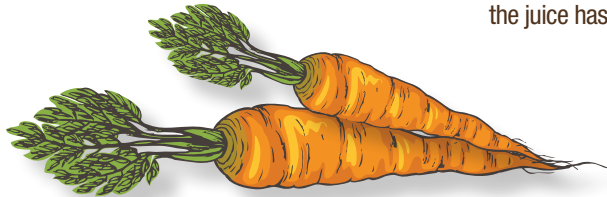
Time: 20 to 25 minutes

Ingredients:

1 small orange
1 tsp orange rind peel
¼ tsp ginger
2 cups carrots, thinly sliced

Instructions:

1. From the orange, grate peel.
2. Using a juice grinder, squeeze the orange and save the juice.
3. In a non-stick skillet, combine the orange rind, half of the orange juice, ginger and sliced carrots.
4. Cook over medium heat for 12 minutes.
5. Add remaining orange juice.
6. Cook uncovered just until the carrots are tender and the juice has evaporated.



Source: http://www.healthyalberta.com/recipe_detail.html?id=402881823831ca82013831cd9cad0014

Carrots Peabody

Serves: 4

Time: 15 minutes to prepare and
25 minutes to cook

Ingredients:

8	carrots
2 tbsp	grated onion
½ cup	mayonnaise
¼ tsp	black pepper
⅓ cup	breadcrumbs
2 tbsp	horseradish
¼ tsp	paprika

Instructions:

1. Wash and peel carrots and cut into thin strips.
2. Cook carrots in boiling water until tender.
3. Place carrots on greased square casserole pan in one or two layers.
4. Mix together grated onions, mayonnaise, pepper, bread crumbs, horseradish, and paprika.
5. Spread on top of carrots and between layers.
6. Bake in pre-heated oven at 375°F (190°C) for 15 minutes.
7. Serve hot.

Source : <http://www.gardenersnet.com/recipes/carrots-peabody-recipe.htm>



Marinated Carrot Salad

Serves: 12

Time: 20 minutes

Ingredients:

6-8	medium carrots, cut into coins
½	green pepper, chopped
1	green onion, chopped
1 7.5 oz. can	low sodium tomato sauce
¼ cup	vinegar
1 tbsp	Worcestershire sauce
2 tbsp	brown sugar
1 tsp	mustard
½ tsp	celery seed

Instructions:

1. Place sliced carrots and 1 tbsp of water in microwaveable quart dish. Cover with plastic wrap, microwave on high for three minutes. Or place sliced carrots in boiling pot of water and cook until tender. Drain.
2. Transfer carrots to a bowl. Add green pepper and green onion.
3. Combine the remaining ingredients in a shaker container. Mix well. Pour the dressing over the vegetables and stir to coat.



Source: http://www.healthyalbertaA.com/recipe_detail.html?id=402881823831ca82013831cda6d2004e

Carrot Pancakes

Serves: 6

6	medium carrots, peeled & finely chopped
1	medium onion, finely chopped
3	eggs, slightly beaten
-	salt & pepper to taste
½ cup	flour
½ tsp	baking powder
-	oil for frying

Instructions:

1. Mix flour with baking powder and salt. Add beaten eggs and flour to grated carrot/onion mixture. Mix well.
2. Heat oil in frypan. Drop carrot mixture from large spoon into hot oil and flatten slightly with back of spoon. Cook on medium heat about 2 to 3 minutes on each side until golden brown. Drain on paper towel.

Source: Peak of the Market <http://www.peakmarket.com/>



Carrots and Beans Au Gratin

Serves: 6

6	carrots, cut into sticks
1 lb	green beans, sliced
2 tbsp	butter
2 tbsp	flour
½ tsp	dry mustard
-	pepper to taste
1 cup	milk
½ cup	cheddar cheese, grated
½ cup	dry fine bread crumbs
2 tbsp	butter, melted

Instructions:

1. Cook carrots in boiling water for 5 minutes. Add beans; continue cooking until vegetables are just tender, about 5 minutes; drain.
2. Melt butter in small saucepan. Sprinkle in flour, mustard, and pepper. Stir to blend, whisk in milk. Return to moderate heat; cook, stirring constantly, until boiling, thickened and smooth. Add cheese; stir until melted.
3. Put hot vegetables in greased baking dish. Pour sauce over. Combine bread crumbs and melted butter; mix lightly with a fork. Sprinkle over all.
4. Place under broiler and broil until crumbs are lightly browned.

Source: Peak of the Market <http://www.peakmarket.com/>



Carrot & Rice Casserole

Serves: 6

2 cups	milk
1 cup	cooked rice
1 tbsp	brown sugar
5	medium carrots, shredded
2	eggs
3 tbsp	butter
1/3 cup	bread crumbs

Instructions:

1. In a medium bowl, combine milk, rice, sugar, carrots and eggs. Pour into well buttered casserole.
2. Melt butter in pan, stir in bread crumbs until well mixed, sprinkle over casserole.
3. Bake in preheated 375^o F (190^o C) oven for 40 minutes or until top is lightly browned.

Source: Peak of the Market <http://www.peakmarket.com/>



Dill Carrot Salad

Serves: 4

2 cups	carrots, peeled & thinly sliced
½ cup	red onions, diced
1 tbsp	olive oil
1 tbsp	red wine vinegar
3 tbsp	fresh dill, chopped
-	pepper to taste

Instructions:

1. Boil carrots until tender crisp. Rinse under cold water and drain. Combine carrots and onions.
2. Mix remaining ingredients in small bowl until well blended. Pour over carrot mixture and toss well.
3. Refrigerate at least 3 hours to blend flavours.

Source: Peak of the Market <http://www.peakmarket.com/>



Creamy Carrot Soup

Serves: 4

2 cups	carrots, peeled & sliced
1 ½ cup	low sodium vegetable or chicken broth
1	onion, chopped
2 tbsp	white rice, uncooked
1/8 tsp	grated nutmeg
¼ tsp	pepper

Instructions:

1. Place all ingredients in a medium saucepan. Bring to a boil; cover, reduce heat and simmer for 25 to 30 minutes or until vegetables and rice are tender.
2. Allow to cool slightly; puree the mixture in a food processor until smooth. Just before serving, adjust seasonings and reheat.

Source: Peak of the Market <http://www.peakmarket.com/>



Beet Recipes

Beet storage tips

Store beets in the refrigerator for three to four weeks in a plastic bag or a covered container.

Did you know?

The beet green tops can be eaten too! Use raw beet greens for salads or add raw beet greens to sandwiches and wraps.

What's a serving size of beets?

Beets belong to the Vegetables and Fruit food group in Canada's Food Guide. One Food Guide serving is $\frac{1}{2}$ cup (125 mL).



Ginger Beet Juice

Serves: 2

Time: 10 minutes

Ingredients:

1 medium	orange, peeled and quartered
3	kale leaves
1 medium	apple, cut into wedges
1 medium	carrot, peeled
1 large	beet, peeled and cut into wedges
1 one-inch piece	peeled fresh ginger
	ice cubes (optional)

Instructions:

1. Working in this order, process orange, kale, apple, carrot, beet and ginger through a juicer according to the manufacturer's directions.
2. Fill two glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.



Source: http://www.eatingwell.com/recipes/ginger_beet_juice.html

Whole Wheat Blueberry Beet Muffins

Makes: 24 muffins

Time: 45 to 60 minutes

Ingredients:

2 ½ cups	whole wheat flour
1 ½ cups	rolled oats
1 tbsp	baking powder
2 ½ tsp	baking soda
2 tsp	ground cinnamon
1 tsp	salt
1 cup	canola oil
2 cups	applesauce
1 cup	white sugar
2	eggs
½ cup	water
1 cup	fresh blueberries
1 cup	shredded peeled beets

Instructions:

1. Preheat oven to 350°F (175°C). Grease 24 muffin cups.
2. Mix the whole wheat flour, rolled oats, baking powder, baking soda, cinnamon, and salt in a large bowl.
3. In a separate bowl, mix the canola oil, applesauce, sugar, eggs, and water. Pour the applesauce mixture into the dry ingredients, and stir to combine.
4. Gently fold in the blueberries and shredded beets. Spoon the batter into the prepared muffin cups.
5. Bake in the preheated oven until browned and a toothpick inserted into the center of a muffin comes out clean, 25 to 30 minutes.



Source: <http://allrecipes.com/Recipe/Whole-Wheat-Blueberry-Beet-Muffins/Detail.aspx?evt19=1>

Roasted Beet Hummus

Serves: 6

Time: 15 minutes to prepare and 60 minutes to bake. Perfect with chips, pita, veggies or as a sandwich spread.

Ingredients:

1 small	roasted beet
1 15 oz. can	cooked chickpeas, mostly drained
	zest of one large lemon
	juice of half a large lemon
	pinch black pepper
2 large	cloves garlic, minced
2 tbsp	tahini
¼ cup	extra virgin olive oil

Source: <http://minimalistbaker.com/roasted-beet-hummus/>

Instructions:

To roast beets:

- Preheat oven to 375°F (190°C), remove the stem and most of the root from your beets, and scrub and wash them underwater until clean.
 - Place beets in foil, drizzle on canola oil, wrap tightly, and roast for one hour or until a knife inserted falls out without resistance.
1. Once your beet is cooled and peeled, quarter it and place it in your food processor or mash until smooth.
 2. Add remaining ingredients except for olive oil and blend until smooth.
 3. Drizzle in olive oil as the hummus is mixing.
 4. Taste and adjust seasonings as needed, adding more lemon juice or olive oil if needed. If it's too thick, add a bit of water.
 5. Will keep in the fridge for up to a week.



Beets in Orange Sauce

Serves: 4

Time: 35 to 50 minutes

Ingredients:

4 tbsp	flour
4 tbsp	sugar
½ cup	water or beet juice
1 cup	orange juice
4 tbsp	lemon juice
4 cups	raw, diced beets

Instructions:

1. Mix together flour and sugar.
2. Add water and mix into a smooth paste.
3. Add orange and lemon juice.
4. Cook sauce until thickened.
5. Add diced raw beets.
6. Cover and simmer for 35 to 40 minutes, stirring occasionally.
7. Serve hot.

Note: You can use canned beets. If so, cook for only 15-20 minutes.



Beets 'n Pineapple

Serves: 4

Time: 60 minutes

Ingredients:

2 lbs. beets, sliced
1 lb. can pineapple chunks (in water), drained
½ cup pineapple juice
2 tbsp cornstarch
⅔ cups water or beet juice
1 tbsp vinegar
black pepper, to taste

Instructions:

1. Pre-heat oven to 350°F (175°C).
2. Place beets and pineapple chunks into a 1 ½ quart casserole dish.
3. In a saucepan, blend pineapple juice with cornstarch.
4. Add beet juice, black pepper, and vinegar.
5. Cook in saucepan until thickened, stirring constantly.
6. Pour sauce over beets and pineapple.
7. Bake covered for one hour, or until beets are tender.
8. Serve hot.

Source: <http://www.gardenersnet.com/recipes/beets-pineapple-recipe.htm>



Buttered Beets and Celery

Serves: 6 to 8

Time: 15 to 20 minutes

Ingredients:

3 tbsp	minced onions
4 tbsp	butter
2 cups	cooked beets
2 cups	cooked celery, diced
1/8 tsp	pepper
1 1/2 tbsp	vinegar

Instructions:

1. Cook beets in water until soft. Drain.
2. Cook celery in water until soft. Drain.
3. In a frying pan, sauté minced onions, vegetables, butter.
4. Add remaining ingredients and cook thoroughly.
5. Serve hot.



Source : <http://www.gardenersnet.com/recipes/beets02.htm>

Nippy Beets

Serves: 2

Time: 15 to 20 minutes

Ingredients:

3 tbsp	butter or margarine
2 tbsp	prepared mustard
1 tbsp	honey
1 tsp	Worcestershire sauce
2 cups	cooked beets, sliced or cubed

Instructions:

1. Boil beets in water, then drain.
2. Melt butter or margarine in a saucepan.
3. Add all ingredients, except beets.
4. Bring to a boil.
5. Add beets.
6. Serve hot.



Source : <http://www.gardenersnet.com/recipes/nippy-beets-recipe.htm>

Beetroot Crisps

Serves: 4 to 6

Time: 10 minutes to prepare and 30 to 40 minutes to bake.

These make a great crunchy snack and are a healthy alternative to potato or corn chips. The seasonings are totally up to you—adjust the way you like.

Ingredients:

4 medium beets
2 tsp extra-virgin olive oil



Instructions:

1. Preheat oven to 350°F (175°C), with racks in upper and lower thirds. Peel beets and slice $\frac{1}{16}$ inch thick. In a large bowl, toss beets with extra-virgin olive oil. The beets should have a very thin coat.
2. On two rimmed baking sheets (or use one sheet and bake in two batches), arrange beets in a single layer. Sprinkle with your favorite seasoning such as garlic or chilli powder.
3. Stack another rimmed baking sheet on top of each (to keep the beets flat). Bake until edges of beets begin to dry out, about 20 minutes. Uncover and rotate sheets. Bake 10 to 20 minutes, removing chips as they become lightened and pale in color. Transfer to a wire rack; chips will crisp up as they cool.

Basic Roasted Beets

Serves: makes three roasted beets

Time: 10 minutes to prepare and 60 to 90 minutes roasting time

Roasting beets concentrates their natural sweetness and couldn't be easier.

Ingredients:

3 medium beets (about 1 ½ pounds)
1 tbsp olive oil
freshly ground black pepper



Instructions:

1. Heat the oven to 375°F (190°C) and arrange a rack in the middle.
2. Rinse the beets and trim off any leafy tops.
3. Wrap completely in aluminum foil and place in the oven.
4. Roast until tender and easily pierced with a knife, about one to one-and-a-half hours.
5. Remove from the oven and let cool.
6. When the beets are cool enough to handle, peel using a paring knife or by pushing the skin with your fingers.
7. Slice the beets, drizzle with olive oil, and season with freshly ground black pepper.

Grated Raw Beet Salad

Serves: 4

Time: 20 minutes

Ingredients:

4 medium	beets
3 tbsp	orange juice
1 tbsp	lemon juice
1 tbsp	extra-virgin olive oil
2 tbsp	chives, mint, or parsley (or a combination), minced
1	romaine heart, all its leaves

Instructions:

1. Peel the beets with a vegetable peeler, and grate.
2. Combine the orange juice, lemon juice and olive oil. Toss with the beets and herbs. Line a salad bowl or platter with romaine lettuce leaves, top with the grated beets and serve.



Baked Beet Salad

Serves: 4

1 lb	beets
1	small onion
-	VINAIGRETTE
3 tbsp	vegetable oil
2 tbsp	cider vinegar
1 tbsp	fresh mint, chopped
1 tsp	dijon mustard
1/2 tsp	pepper



Source: Peak of the Market <http://www.peakmarket.com/>

Instructions:

1. Remove stems and leaves from beets; wrap beets and onion separately in foil to make 2 packages.
2. Bake in preheated 350° F (180° C) oven for about 1 hour or until vegetables are fork tender.
3. Remove vegetables from foil; let stand for 15 to 20 minutes or until cool enough to handle. Loosen skins from vegetables; slice onion into strips and cube beets.

VINAIGRETTE

1. Meanwhile, in a large bowl; whisk together oil, vinegar, mint, mustard, and pepper.
2. Toss vegetables with vinaigrette; let stand at room temperature for 1 hour or up to 4 hours.
3. Toss lightly before serving.

Salmon with Beet Salsa

Serves: 4

4	beets
2 tbsp	olive oil
-	pepper to taste
2	carrots, peeled & sliced
1	celery stalk, cut into quarters
2	small onions, peeled & quartered
2	bay leaves
10	whole black peppercorns
2 cups	dry white wine
4	salmon fillets
1	serrano chili pepper, seeded & minced
¼ cup	parsley, coarsely chopped
2 tbsp	onion, finely chopped
1 tbsp	mustard seed
2 tbsp	balsamic vinegar



Instructions:

1. Place beets on a baking tray and drizzle with 1 tablespoon (15 ml) olive oil. Sprinkle with pepper; toss to coat. Roast in preheated 425° F (220° C) oven until tender, 45 to 50 minutes. Remove from oven and set aside to cool.
2. Place carrots, celery, onions, bay leaves, peppercorns and wine in a shallow saucepan.
3. Add 2 inches (5 cm) of water; bring to a boil. Reduce heat to barely simmer; add salmon. Cook until flesh is firm but slightly moist in the centre, 10 to 12 minutes.
4. Transfer fish to a plate; cover with plastic. Cool to room temperature.
5. Peel reserved beets; cut into 1/2 inch (1 cm) cubes. Place in a bowl; add remaining tablespoon (15 ml) olive oil, chili pepper, parsley, onion, mustard seed and vinegar. Toss well to combine; Serves over salmon.

Source: Peak of the Market <http://www.peakmarket.com/>

Spicy Beets

Serves: 4

2 lbs	beets, trimmed, peeled & coarsely grated
½ cup	onion, coarsely grated
3 tbsp	butter
½ cup	water
¼ cup	low sodium chicken stock
1/3 cup	lemon juice
¼ tsp	cinnamon
¼ tsp	nutmeg
pinch	pepper

Instructions:

1. In a large pot, simmer all ingredients covered, for 25 to 30 minutes until beets are tender and flavours are well blended. Stir once or twice during cooking.

Source: Peak of the Market <http://www.peakmarket.com/>



Beet Risotto

Serves: 4

1 lb	red beets, trimmed but not peeled
1 tbsp	olive oil
1	large onion, chopped
2	cloves garlic, finely chopped
2 cups	short grain rice
5 cups	vegetable or chicken stock
-	pepper to taste
2 tbsp	fresh parsley, chopped

Instructions:

1. Wrap beets in foil in single layer. Place in preheated 400^o F (200^o C) oven. Roast for 1 hour or until beets are tender. Unwrap, cool for 5 minutes and rub off peels. Dice.
2. Heat oil in large saucepan over medium heat. Add onion and garlic and cook gently for 5 minutes. Add rice and gently stir.
3. Meanwhile, heat stock in saucepan. Add 1 cup (250 ml) stock to rice. Stirring constantly, cook over medium heat until all liquid is absorbed. Still stirring, add 1/2 cup (125 ml) stock at a time, waiting until pan is almost dry before adding next half cup. It should take about 15 minutes to add all liquid. Add more liquid if necessary or stop adding liquid if rice is tender. Rice should be just barely tender.
4. Stir in beets when rice is almost tender. Add pepper and parsley.

Source: Peak of the Market <http://www.peakmarket.com/>



Borscht

Serves: 4

- 4 medium beets
- 1 onion, finely chopped
- 1/4 head cabbage, chopped
- 2 medium potatoes, peeled & chopped
- 4 L low sodium chicken stock
- pepper to taste
- dillweed to taste
- 2 tbsp sugar
- 2 tbsp vinegar
- 1 can low sodium tomatoes, diced (10 oz / 284 ml)
- 1 can yellow beans, finely chopped (10 oz / 284 ml)
- 1 can pork & beans (10 oz / 284 ml)

Instructions:

1. Precook beets until they skin easily; chill and grate.
2. In a large stock pot; add onion, cabbage and potatoes. Add chicken stock. Cook until vegetables are tender. Add beets, pepper, dill weed, sugar, vinegar, tomatoes, beans, pork and beans. Bring to a boil.
3. Reduce heat to simmer for about 15 minutes and then serve.

NOTE: Do not over boil as soup will lose colour and flavour.

Source: Peak of the Market <http://www.peakmarket.com/>



Cabbage Recipes

Cabbage Storage Tips

Cabbage can be stored in the refrigerator two to three weeks in a plastic bag or a covered container. Once cut, use cabbage within two to three days. Freeze fresh or cooked cabbage in airtight containers or freezer bags up to 10 months.

Did you know?

To shred cabbage, cut the head into four quarters and cut out the hard stalk in the middle. Cut each quarter into fine shreds.

What's a serving size of cabbage?

Cabbage is part of the Vegetables and Fruit food group in Canada's Food Guide. A serving is $\frac{1}{2}$ cup (125 mL).



Beef and Cabbage Stir-Fry with Peanut Sauce

Serves: 4

Time: 40 minutes

The subtly sweet peanut sauce blends deliciously in this beef, cabbage and carrot sauté. Spice up the dish with a few dashes of your favorite hot sauce.

Ingredients:

¼ cup	smooth natural peanut butter
⅓ cup	orange juice
3 tbsp	reduced-sodium soy sauce
1 tbsp	rice vinegar
2 tsp	sugar
4 tsp	canola oil, divided
3 cloves	garlic, minced
1 pound	sirloin steak, trimmed and thinly sliced
1 small	head of cabbage, thinly sliced
2-5 tbsp	water
2 medium	carrots, grated
¼ cup	unsalted roasted peanuts, chopped (optional)

Instructions:

1. Whisk peanut butter, orange juice, soy sauce, vinegar and sugar in a medium bowl until smooth.
2. Heat two teaspoons oil in a wok or large skillet over medium-high heat. Add garlic and cook, stirring, until fragrant, 30 seconds. Add steak and cook, stirring, until browned and barely pink in the middle, two to four minutes. Transfer to a bowl.
3. Reduce heat to medium. Swirl in the remaining two teaspoons oil. Add cabbage and two tablespoons water; cook, stirring, until beginning to wilt, three to five minutes.
4. Add carrots (and more water if necessary to prevent sticking or burning) and cook, stirring, until just tender, about three minutes more. Return the steak and any accumulated juices to the pan, then pour in the peanut sauce and toss to combine. Serve sprinkled with peanuts (if using).

Beef and Cabbage Soup

Serves: 4 to 6

Time: 30 minutes

Ingredients:

340 g	lean ground beef
1 tbsp	vegetable oil
1	onion, diced
1 clove	garlic
2	bay leaves
½ tsp	dried thyme
½ tsp	marjoram
¼ tsp	pepper
1 pinch	ground cloves
3 cups	chopped cabbage
2	carrots, halved lengthwise, thinly sliced
2	celery stalks, sliced
3 cups	sodium-reduced beef stock
¼ cup	tomato paste
1 cup	cooked rice
4	lemon wedges

Instructions:

1. In large saucepan, brown beef over medium-high heat, breaking up with back of spoon. With slotted spoon, transfer to bowl. Drain fat from pan and wipe out pan.
2. Heat oil in pan over medium heat; cook onion, garlic, bay leaves, thyme, marjoram, salt, pepper and cloves, stirring often, until onion is softened, about five minutes. Stir in cabbage, carrots and celery; cook, stirring, for three minutes.
3. Add beef stock, 3 cups water and tomato paste. Return beef to pan and bring to boil; reduce heat, cover and simmer until cabbage is tender, about 15 minutes.
4. Stir in rice and heat through, about two minutes. Discard bay leaves. Serve with lemon.

Note: Perfect for warding off the winter chills, this quick and easy soup is ready in half-an-hour.

Cabbage and White Bean Soup

Serves: 6

Time: 15 minutes to prepare and 30 to 40 minutes to cook

Ingredients:

1 cup	chopped onion
2	garlic cloves, chopped
1 cup	chopped carrots
½ cup	chopped celery
2 cups	thinly sliced cabbage
1	potato, diced
2 ¼ cups	water
1 16 oz. can	tomatoes, no salt added, chopped
1 19 oz. can	white beans, no salt added, rinsed and drained
2 tbsp	lemon juice
2 tbsp	brown sugar
¼ tsp	dried thyme
	Pepper to taste

Instructions:

1. Saute onion, garlic, carrots and celery in a large saucepan.
2. Add the other ingredients, except pepper, and mix well.
3. Bring to a boil. Reduce heat to medium-low.
4. Cover and simmer for 30-40 minutes, or until vegetables are tender.
5. Add pepper to taste. Add more brown sugar or lemon juice if desired.



Source: http://www.healthyalberta.com/recipe_detail.html?id=402881823831ca82013831cdd36800db

Warm Cabbage Salad

Serves: 4 to 5

Time: 10 minutes

Ingredients:

3 tbsp cider vinegar
3 tbsp apple juice
4 tsp honey
1 tbsp low-sodium soy sauce
4 tsp vegetable oil
1 tsp sesame oil
5 cups finely shredded cabbage
1 small unpeeled apple, thinly chopped
Pepper to taste
Thin strips cooked turkey (or chicken)

Instructions:

1. In large non-stick skillet, combine vinegar, apple juice, honey, soy sauce, vegetable and sesame oils; heat to steaming over medium heat.
2. Add cabbage and toss until colour brightens and cabbage is wilted but still crisp.
3. Season to taste with pepper.
4. Toss in turkey (or chicken); toss for 1 minute. Serve warm.



Source : <http://www.foodland.gov.on.ca/english/vegetables/cabbages/recipes/warm-cabbage-salad.html>

Baked Cabbage-Roll Skillet

Serves: 4 to 6

Time: 10 minutes to prepare and 25 minutes to cook
All the honey flavour of long-simmered cabbage rolls is captured in under a half-hour in this fast stir-together dinner.

Ingredients:

1 lb	medium ground beef or pork
2 cloves	garlic, crushed
1 large	onion, peeled and chopped
1 14 oz. can	tomato sauce
½ cup	water
1 cup	5-minute rice
1 tsp	paprika
½ tsp	dried dillweed
¼ tsp	pepper
½	head cabbage

Instructions:

1. In large, wide saucepan over medium heat, cook meat and garlic, stirring often with fork to keep meat crumbly. If meat sticks, add one or two teaspoons (5 or 10 mL) of vegetable oil.
2. Stir in onion and cook until meat loses its redness, a total of about five minutes. Stir in tomato sauce, water, rice, paprika, dill weed, salt and pepper; cover and bring to a boil.
3. Meanwhile slice cabbage in 1 x 3inch (2.5 x 8 cm) strips. Stir into meat mixture. Cover tightly and reduce heat to medium-low; cook, stirring often, until rice and cabbage are tender, 10 to 15 minutes.



Source: <http://www.eatrightontario.ca/en/Recipes/Main-courses/Baked-Cabbage-Roll-Skillet-Supper.aspx>

Tofu Salad

Serves: 4

2 tsp	sweet chili sauce
½ tsp	fresh ginger, grated
1	clove garlic, crushed
2 tsp	soy sauce
2 tbsp	oil
8 oz	firm tofu
3 oz	snow peas, ends trimmed
2	small carrots, cut into matchsticks
3 oz	cabbage, finely shredded
2 tbsp	peanuts, chopped

Instructions:

1. In a jar with lid; place chili sauce, ginger, garlic, soy sauce and oil and shake well.
2. Cut tofu into 3/4 inch (2 cm) cubes. Place tofu in a medium bowl, pour the marinade over and stir. Cover with plastic wrap and refrigerate for 1 hour.
3. Place snow peas in a small pan, pour boiling water over and leave to stand for 1 minute; drain and plunge into iced water; drain well.
4. Add snow peas, carrots and cabbage to tofu and toss lightly to combine. Transfer to a serving bowl or individual plates, sprinkle with peanuts and serve immediately.

Source: Peak of the Market <http://www.peakmarket.com/>



Cabbage Fruit Salad

Serves: 8

4 cups	cabbage, shredded
2	oranges, peeled & cut into bite size pieces
2	red apples, chopped
1 cup	red grapes, seedless & halved if large
½ cup	mayonnaise
¼ cup	milk
1 tbsp	lemon juice
1 tbsp	sugar
1/3 cup	toasted pecans, chopped

Instructions:

1. In a large bowl; toss cabbage, oranges, apples, and grapes. Cover and refrigerate.
2. In a small bowl; mix mayonnaise, milk, lemon juice and sugar. Just before serving; add dressing to cabbage mixture and blend well. Toss in pecans.

Source: Peak of the Market <http://www.peakmarket.com/>



Cabbage Gratin

Serves: 4

500 g	cabbage, chopped
½ lb	mushrooms, sliced
-	pepper to taste
¾ cup	half & half cream
¾ cup	plain yogurt
2	medium eggs
-	nutmeg
-	curry powder
2/3 cup	gouda cheese, grated

Instructions:

1. Cook cabbage in boiling water for about 6 minutes; drain. Place in greased casserole dish.
2. Lay mushroom slices over cabbage and season with salt and pepper.
3. In small bowl; mix cream and yogurt; beat in eggs and season with pepper. Add nutmeg and curry powder; stir well and pour over mushrooms.
4. Sprinkle with grated cheese and cook in preheated 400° F (200° C) oven for 30 minutes until golden brown.



Source: Peak of the Market <http://www.peakmarket.com/>

Cabbage Patch Stew

Serves: 8

1 lb	ground beef
1 cup	onion, chopped
2	celery ribs, chopped
12 cups	cabbage, coarsely chopped
2	cans low sodium stewed tomatoes (14 oz / 398 ml)
1	can pinto beans, rinsed & drained (14 oz / 398 ml)
1	can low sodium diced tomatoes (10 oz / 284 ml)
½ cup	ketchup
1 tsp	chili powder
½ tsp	dried oregano
-	pepper to taste
-	cheddar cheese, shredded

Instructions:

1. In a large skillet; cook beef, onion and celery over medium heat until meat is no longer pink and vegetables are tender. Drain excess liquid.
2. Transfer to slow cooker. Stir in cabbage, stewed tomatoes, beans, diced tomatoes, ketchup, chili powder, oregano, and pepper.
3. Cover and cook on low for 6 to 8 hours or until cabbage is tender. Serves with cheese sprinkled on top.

Source: Peak of the Market <http://www.peakmarket.com/>



Scalloped Cabbage

Serves: 6

4 cups	cabbage, coarsely shredded
1	can low sodium tomatoes, undrained (14 oz / 398 ml)
2 tsp	sugar
¼ tsp	paprika
1 tsp	oregano
-	pepper to taste
½ cup	cheddar cheese, grated
1 cup	fresh fine bread crumbs

Instructions:

1. Cook cabbage in boiling water until wilted, about 6 minutes, drain well.
2. Combine tomatoes, sugar, paprika, salt and oregano, breaking up tomatoes as you mix.
3. In a greased 6 cup (1.5 L) baking dish, place cabbage. Sprinkle with pepper to taste. Cover with tomato mixture, then cheese. Top with crumbs.
4. Bake, uncovered in preheated 350° F (180° C) oven for 30 minutes or until heated through.



Source: Peak of the Market <http://www.peakmarket.com/>



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