

HONOR LIFE

FOCUS
OF THE
MONTH

Don't let your
heart miss a
'beet'

Load up on red, pink, and purple fruits and
veggies, like beets, berries, and grapes, to
keep your heart in rhythm.



**For more information, you can contact the Medical
Nutrition Therapy Department at 928-729-8461**



CRISPY, CRUNCHY, BEET CHIPS

INGREDIENTS

- 1 large beet root
- 1 tablespoon olive oil
- 1/2 teaspoon salt

INSTRUCTIONS

1. Using either a peeler, a very good knife or a mandolin, slice your beetroot into very thin pieces. The thinner the better with this recipe!
2. Toss all of the beet slices in 1/2 teaspoon of salt, then place all of the slices on a spread of paper towels. Let them sit for 15-20 minutes to release moisture, this should soak into the paper towels.
3. Start preheating your oven to 350°F.
4. After the draining time is up, lightly pat the beets with a paper towel just to make sure they are as dry as possible.
5. Coat your sheet pan in a thin coating of olive oil, then add the beets. You don't want to crowd the pan, but no need to have every single beet be completely flat and not touching, you just kind of want them spread out in an even layer.
6. Roast the beets at 350°F for 25 minutes, then check, then flip them over. Bake for another 20 minutes or until crispy and starting to brown around the edges.
7. Use a spatula to release them off the pan and dig in!

