



# SKILL CARD

## How to: STEAM WHOLE BEETS

### Step 1:

Preheat oven to 450 degrees F.

### Step 2:

Scrub beets under running water.

### Step 3:

Trim a little bit off the top, where the greens meet the beet.

### Step 4:

Wrap in tin foil and place on a baking sheet.

### Step 5:

Roast for 60 minutes, or until beets are tender when pierced with a fork.

### Step 6:

Remove from the oven, unwrap, and let cool.

### Step 7:

To easily remove skins, rub with a paper towel and they should easily fall off.

