

Mayo Clinic Minute

The benefits of beets

VIDEO	AUDIO
	She's still at the farmers market, ...
Jen Welper	"Cutting little sticks out of them."
	... and executive chef Jen Welper is already thinking of ways to work with these beets.
Jen Welper	"This little, like, beet stick that's got a little bit of a spice to it."
	Back in the kitchen, and after they've been steamed for 40 minutes, ...
Jen Welper	"It makes peeling quite easy."
	Welper's peeler reveals the beet's deep-red inner beauty.
Jen Welper	"Red is very high in antioxidants."
Graphic: Vitamin C Potassium Manganese	These beets are a rich source of vitamin C, potassium and manganese.
Title: Jen Welper Executive Chef Mayo Clinic Healthy Living Program	"The other benefit is they're actually kind of filling, because they are dense."
	Beets are a fiber-rich root vegetable with an earthy flavor.
	<i>Sound of thyme being chopped</i>
	Welper spices them up with freshly chopped thyme, olive oil, salt and pepper, before roasting them for 15 minutes.
Jen Welper	"Oh, darling."
	Stacked on spicy arugula and garnished with feta, it's a farmers market find that can't be beat.

For the Mayo Clinic News Network, I'm Jeff Olsen.