

Featured Vegetable

Beets / **Remolachas**

Rich in folate, iron, potassium, & vitamin C.



Beet Crackers

Ingredients	Directions
<p>Makes 2 cups of crackers</p> <ul style="list-style-type: none">● 1 cup of raw red Beets, grated● 1 3/4 cups of all purpose flour or rice flour● 1/4 cup of extra virgin olive oil● 1/4 cup of water● 2 teaspoons of salt● 1/2 tablespoon of black pepper' <p>Optional: Topping such as hummus or cheese for serving</p> <p>Other supplies:</p> <ul style="list-style-type: none">● Food processor● Rolling pin● Parchment paper● Baking sheet	<ul style="list-style-type: none">● Wash hands, wash everything!● Preheat oven to 450 degrees.● Pulse beets in a food processor until fine, pat dry with towel.● Add dry ingredients, pulse and add the water a little at a time until the dough forms a ball and is moist but not sticky.● Place dough onto a floured surface and let it rest for 10 minutes● Divide dough into four and roll each out on a lightly floured surface until 1/16 inch thick. Cut into 2 inch squares or use cookie cutter, and place on cookie sheet.● Bake for 5 - 7 minutes, depending on size.● Once all are baked, place on one sheet, turn the heat off and let them dry for 30-40 minutes.