




The Expanded Food and Nutrition Education Program (EFNEP) offers **simple solutions** to help families **eat smart** and **move more**.



- Ingredients:**
- 4 small beets, preferably a mix of golden and red, roasted, peeled and cut in very small dice
 - 1-2 tb olive oil
 - ¼ tsp salt
 - ¼ tsp pepper
 - 1 jalapeño chiles, minced
 - ¼ cup chopped cilantro
 - 2 tb fresh lime juice
 - ½ small green apple, cored and cut in very small dice
 - 2 tb extra virgin olive oil

NC EFNEP - Expanded Food and Nutrition Education Program: Cooking Demo - Beets...
If you missed the live stream of the featured beet recipes this morning, here is the

 Whether it's learning a low-cost recipe you can make with your family or an online nutrition lesson for your child, we are here to help. Follow us at **NC_EFNEP** on our social media sites for live classes, recipes and activity ideas.

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For more information, contact us through your local Cooperative Extension office or email: lorelei_jones@ncsu.edu.