



Kentucky Red Velvet Muffins

1 1/4 cups whole-wheat flour	Zest of one orange	1 teaspoon vanilla extract
1/3 cup cocoa powder	Juice of one orange (about 4 tablespoons)	1 cup finely chopped cooked beets (see back of card for cooking instructions)
1 1/2 teaspoons baking powder	2 large eggs, at room temperature	1/2 cup semisweet chocolate chips
1/2 teaspoon salt	1/2 cup unsweetened applesauce	
1/2 cup sugar		
4 tablespoons unsalted butter, softened		

Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins

Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.

Kentucky Beets

SEASON: June through November

NUTRITION FACTS: Beets are good sources of fiber, folate, calcium, and vitamin C, and they are low in fat. One cup of cooked beets or one medium raw beet contains about 50 calories and 2 grams fiber.

SELECTION: When selecting beets, choose those that are round, firm, rich in color, and smooth over most of the surface. Wilted or decayed tops may indicate a lack of freshness. Two bunches, or 6 to 8 individual beets, weigh approximately 2 pounds.

STORAGE: The roots of the beets can be stored in plastic bags for 1 to 2 weeks in the refrigerator. You can also refrigerate the greens in plastic bags and use them within 2 to 3

days. Cooked beets may be stored in the refrigerator for up to a week.

PREPARATION: Rinse beets under running water, removing any visible traces of dirt. To keep the juices of the beets locked inside while cooking, leave the skin, tail, and an inch of the stem attached. The skin will be easier to remove after the beet is cooked.

- **To bake:** Scrub unpeeled beets, and place in a baking pan with 1/4 inch of water and cover. Bake at 375 degrees F for about 40 minutes for a large beet.
- **To steam:** Scrub unpeeled beets, and place in a steaming basket. Cover and steam for about 35 to 40 minutes for large beets, 20 to 25 minutes for smaller beets, or until tender.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

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