



No-Cook: Ukrainian Borscht Dip + 'Dill'icious Cream + Can't Beet It Smoothies

By Erin Fletter

Prep Time 15 / **Cook Time** 0 / **Serves** 4 - 6

Shopping List

☐ FRESH OR FROZEN

☐ 2 green onions

☐ 2 to 3 bananas

☐ 1 C fresh or frozen berries of your choice

☐ DAIRY

☐ 1/2 C sour cream or plain Greek yogurt ****(see allergy subs below)****

☐ 1 C milk ****(see allergy subs below)****

☐ PANTRY

☐ 3/4 C canned beets (not pickled)

☐ 1 15-oz can white beans ****(see allergy subs below)****

☐ 1 T olive oil

☐ 1 T vinegar + more to taste

☐ 1 tsp sugar or honey (or 1 pinch of stevia) + more to taste

☐ 1/2 tsp salt + more to taste

☐ 1/4 tsp ground black pepper + more to taste

☐ 1/2 T dried dill weed

☐ DIPPER OPTIONS (choose 1 to 3)

- ☐ pita bread ****(see allergy subs below)****
- ☐ crackers ****(see allergy subs below)****
- ☐ raw vegetables (carrots, celery, cucumber, radish)
- ☐ HAVE ON HAND
- ☐ water, if needed while blending dip

Fun-Da-Mentals Kitchen Skills

adjust: to change seasonings or consistency to one's taste or to alter portion sizes.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

taste: to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

dollop: to add an unspecified blob of food to the top of another food, like dolloping whipped cream on top of a piece of pie.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- ☐ Medium bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Liquid measuring cup
- ☐ Food processor (or large bowl + immersion blender)

Ingredients

Ukrainian Borscht Dip

- ☐ 2 green onions
- ☐ 1/2 C canned beets (not pickled), drained
- ☐ 1 C canned white beans ****(for LEGUME ALLERGY sub 1 C silken tofu)****
- ☐ 1 T olive oil
- ☐ 1 T vinegar + more to taste
- ☐ 1 tsp sugar or honey (or 1 pinch of stevia) + more to taste
- ☐ 1/2 tsp salt + more to taste
- ☐ 1/4 tsp ground black pepper + more to taste
- ☐ water, if needed while blending
- ☐ Dipper options (choose 1 to 3):
- ☐ pita bread, torn ****(for GLUTEN ALLERGY sub gluten-free/nut-free bread)**
- ☐ crackers ****(for GLUTEN ALLERGY sub gluten-free/nut-free crackers)**
- ☐ raw vegetables, cut into slices or sticks (carrots, celery, cucumbers, radish)

'Dill'icious Cream

- ☐ 1/2 C sour cream or plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free sour cream or plain Greek yogurt)****
- ☐ 1/2 T dried dill weed
- ☐ salt and ground black pepper to taste

Can't Beet It Smoothies

- ☐ 2 to 3 bananas
- ☐ 1 C milk ****(for DAIRY ALLERGY sub 1 C dairy-free/nut-free milk)****

- ☐ 1/4 C canned beets (not pickled)
- ☐ 1 C fresh or frozen berries of your choice
- ☐ sugar or honey (or stevia) to taste

Food Allergen Substitutions

Ukrainian Borscht Dip

Legume: For 1 C canned white beans, substitute 1 C silken tofu.

Gluten/Wheat: Substitute gluten-free/nut-free bread or crackers.

'Dill'icious Cream

Dairy: For 1/2 C sour cream or plain Greek yogurt, substitute 1/2 C dairy-free/nut-free sour cream or plain Greek yogurt.

Can't Beet It Smoothies

Dairy: For 1 C milk, substitute 1 C dairy-free/nut-free milk.

Instructions

Ukrainian Borscht Dip

intro

Borscht is a beet soup from Eastern Europe, served with a side of sour cream. We're making a beet dip instead, adding dollops of dill sour cream, with pita bread, crackers, or veggie slices and sticks as the dippers! Remind kids to be careful with the canned beets as they can stain!

chop + measure + add

Have your kids chop **2 green onions** into little bits. In a food processor (or large bowl for use with an immersion blender), measure and add the chopped green onions, **1/2 cup canned beets**, **1 cup canned white beans**, **1 tablespoon olive oil**, **1 tablespoon vinegar**, **1 teaspoon sugar or honey**, **1/2 teaspoon salt**, and **1/4 teaspoon black pepper**.

blend + count

Blend until smooth, adding a little water if needed. Count to 10 in Ukrainian while blending: 1 odyn (oh-DIN), 2 dva (di-VAH), 3 try (tree), 4 chotyry (shoh-TEE-ree), 5 p'yat' (pee-YAT), 6 shist' (sheest), 7 sim

(seem), 8 visim (VEE-sim), 9 dev'yat' (DEV-yat), 10 desyat' (deh-SYAT).

taste + adjust

Taste and adjust with more vinegar, sugar or honey, salt, or black pepper as needed. Serve the **beet dip** with dollops of **'Dill'icious Cream** next to **torn pita bread, cracker, or raw veggie dippers**.

"Smachnoho" (Smach-NO-hoh) or "Enjoy your meal" in Ukrainian!

'Dill'icious Cream

whisk + season

In a medium bowl, have your kids whisk together **1/2 cup sour cream or plain Greek yogurt** and **1/2 tablespoon dried dill weed**, then season with salt and pepper to taste.

dollop + serve

Serve the dill cream with chips, crackers, pita bread, or raw veggies, top roasted potatoes or other veggies with it, or put a dollop on top of **Ukrainian Borscht Dip**!

Can't Beet It Smoothies

chop + measure

Have your kids chop **2 to 3 bananas** and add them to your blender (or pitcher for use with an immersion blender). Measure and add **1 cup milk, 1/4 cup canned beets** (be careful of stains!), **1 cup fresh or frozen berries, and sugar or honey to taste**.

blend + pour

Blend until the mixture is smooth, creamy, and magenta! Pour into cups and enjoy!

Featured Ingredient: Beets!

Hi! I'm Beet!

"Hi! I'm a bit 'red' with embarrassment—I don't know your name, but you know mine—Beet! I'm a root vegetable with a beautiful, red color (some of my cousins are yellow). You may have seen me served either whole, quartered, sliced, julienned, shredded, or mashed. You can grow me in your garden or buy me fresh or canned in the store. Did you know that my pretty green leaves (or greens), with red stems, can also be eaten, and you can drink my juice, too?"

History

Around 800 BCE, an Assyrian text describes beets growing in the Hanging Gardens of Babylon, one of the wonders of the ancient world.

Modern beets are derived from their wild ancestors, sea beets, that grew along the coasts of Europe,

southern Asia, and northern Africa. Beets from the time of the ancient Greeks and Romans were white and black rather than red!

The Romans used the leaves of beets as an herb and medicine. They also considered beet juice to be a love potion.

People have used beet juice as a natural red dye since the 16th century, and Victorians in England in the 19th century used it to dye their hair.

Sugar beets were first cultivated for their sugar in the middle of the 18th century in Germany and then in France in the early 19th century. The United States started growing sugar beets commercially in 1879 in California. Sugar beets have at least twice the amount of sugar as regular beets.

The world's heaviest beetroot weighed 52.88 pounds and was grown by a group of people in the United Kingdom in 2019. The longest beetroot was 28 feet, also produced in the UK, by Joe Atherton, in 2020.

Anatomy & Etymology

A beet, or beetroot, is the edible taproot of the beet plant. The taproot is the dominant, central root of a plant. Beet leaves are also good to eat.

Beets are a member of the order of flowering plants called Caryophyllales, which includes bougainvillea, cacti, amaranth, carnations, spinach, chard, quinoa, and even Venus flytraps!

Red beets get their color from betalain, a natural pigment. Betalain comes from the Latin name for beet, *Beta vulgaris*, and it's also responsible for the red color of bougainvillea flowers.

The word "beet" is from the Old English "bete," from the Latin "beta."

How to Pick, Buy, & Eat

Beets are ready to be picked about seven to eight weeks after planting. The beet or root will be golf ball size or larger. To harvest, grab the plant's leaves or greens, down by the root, and pull.

If you plan to cook the beet greens, cut them off from the root, wash them, and store them in a plastic bag in the fridge for one to two days. The beetroots will keep refrigerated for one to two weeks in a plastic bag.

Today there are several varieties of commercially-grown beets. The most common type in the United States is the Red Ace.

You can use beet juice to measure the PH level or acidity in a substance. When you add it to an acidic solution, it turns pink, but it turns yellow when you add it to an alkali.

To remove the inevitable pink stains from working with beets, rub your fingers with lemon juice and salt and wash with soap and water. There are several suggestions for removing fabric stains, but when rinsing, it's best to use lukewarm or cold water rather than hot to avoid making the stains permanent.

You can boil, steam, roast, or pickle beets and add them to salads, soups, dips, sauces, sandwiches, and even desserts, like red velvet cake!

A soup made from beets, "borscht," originated in Ukraine in the late 17th or early 18th century and is

considered a staple in Russian and Polish cuisine.

In Australia, they often put pickled beets on their hamburgers.

Nutrition

Beets are loaded with manganese, potassium, iron, magnesium, many other minerals, and vitamins, especially folate. Folate is a B vitamin vital for the growth and function of cells in our body and helps DNA and RNA production.

Beets are a good source of betaine, which is associated with proper liver function and cellular reproduction, and it helps the body metabolize homocysteine, an amino acid.

One cup of beets contains less than 60 calories.