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"The fact that fiber keeps us full is common knowledge, but water content and flavor are also major contributors to how satisfying a food is. Beets are more than 80 percent water and have incredible flavor. Steamed, sealed beets are perfect to stock your fridge and pantry with for a quick, filling meal." —*Lisa Suriano, owner and founder of Veggiecation®.*

Recipe idea: [Roasted Beets And Sautéed Beet Greens](#)

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