BEETS WITH ORANGE SAUCE

Beets can be roasted, pickled, or boiled!

Just Say Yes
To Fruits & Vegetables
www.foodbankst.org/jsy
BEETS WITH ORANGE SAUCE
SERVES 4 • SERVING: 1/2 CUP

INGREDIENTS:
• 1 can drained and chopped beets
• 1/2 cup orange juice
• 1 teaspoon canola or vegetable oil
• 2 teaspoons sugar
• 2 teaspoons vinegar

DIRECTIONS:
1. Place beets, orange juice, oil, sugar, and vinegar into a medium pot.
2. Heat pot over medium heat until sugar has dissolved.
3. Serve hot or cold. Enjoy!
4. Refrigerate leftovers.

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Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.