

BEETS WITH ORANGE SAUCE

Beets can be roasted, pickled, or boiled!



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of the Southern Tier

Just Say Yes
To Fruits & Vegetables
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FIDELIS CARE

BEETS WITH ORANGE SAUCE

SERVES 4 • SERVING: ½ CUP

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INGREDIENTS:

- 1 can drained and chopped beets
- ½ 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.

For more great recipes visit www.foodbankst.org/jsy

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.