Boiled Beets

Number of servings: 6

**Ingredients:**
1 ½ pounds beets
2 tablespoons vinegar

**Directions:**
1. Wash beets and trim tops and roots.
2. In a large saucepan, add beets, vinegar, and enough water to cover. (This will help to keep the beets from “bleeding” — turning the liquid red.)
3. Bring beets to a boil, reduce heat, and simmer until tender, about 45-60 minutes.
4. Place pot under cold running water and rinse until beets are cool enough to be handled.
5. Peel skin. Slice or dice and serve.

**Per serving:** 33 calories; trace fat (0 g saturated fat); 1 g protein; 8 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 59 mg sodium.

Marinated Beets

Number of servings: 12

**Ingredients:**
3 pounds beets, cooked* and sliced
1 onion, chopped
½ cup juice reserved from cooked beets
¼ cup vinegar
½ cup sugar
½ teaspoon dry mustard

**Directions:**
1. Add beets and onions to a medium bowl and set aside.
2. In a small saucepan over high heat, add reserved beet juice, vinegar, sugar, and dry mustard. Stir until sugar is dissolved.
3. Pour mixture over beets and cover. Refrigerate overnight before serving.

**Per serving:** 82 calories; trace fat (0 g saturated fat); 1 g protein; 20 g carbohydrate; 3 g dietary fiber; 0 mg cholesterol; 276 mg sodium.