



Orange Glazed Beets

Ingredients:

- 1/4 cup beet juice
- 3 tablespoons orange juice
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 2 tablespoons flour
- Freshly ground pepper
- 2 tablespoons butter
- 3 1/2 cups cooked (7 medium) sliced beets

Directions:

1. Wash hands with soap and water.
2. In a large saucepan, combine 1/4 cup beet juice, orange and lemon juices, salt, and flour. Cook until thick, stirring constantly.
3. Add butter, pepper, and beets. Heat through and serve. **Yield:** 6-8 servings.

Roasted Beets:

1. Wash hands with soap and water.
2. Preheat oven to 425° F.
3. Trim off beet greens and stems 1-inch above the beet. Cut off the root just to the bottom of the beet.
4. Lightly scrub the skin with a clean vegetable brush under cool running water to remove any dirt.
5. Wrap individual beets in foil and roast for 60 minutes on a baking sheet. Test for doneness by inserting a sharp knife to the center. Beets should be tender, but not too soft.
6. Let beets cool and use foil or paper towel to rub away skins. (Careful, beet juice will stain skin and clothing.) Slice beets and set aside.
7. Place removed beet skins into a medium saucepan with 1/2 cup water. Bring to a boil. Simmer for 5 minutes to release beet color and flavor into the water. Strain beet water into a bowl. Discard skins.