



Orange Glazed Beets

Ingredients:

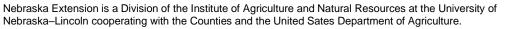
1/4 cup beet juice
3 tablespoons orange juice
1 tablespoon lemon juice
1/4 teaspoon salt
2 tablespoons flour
Freshly ground pepper
2 tablespoons butter
3 1/2 cups cooked (7 medium) sliced beets

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.
- 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.





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