

Beets with Orange Sauce

Just Say Yes to Fruits and Vegetables

Quench your sweet tooth with this unique and healthy spin on beets!



jsyfruitveggies.org

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Beets with Orange Sauce

Serves 4 ▪ Serving: ½ cup

Just Say Yes to Fruits and Vegetables

This sauce has un-BEET-able fiber!

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.

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