



BEETS

To roast beets: Place your washed, unpeeled beets in an oven-proof dish with a lid and bake them for 35-50 minutes at 350 degrees, depending on size, or until tender. You are in for a sweet, sweet treat; not like any beets you have ever had. The peels just slip off, and you don't even need butter. Just eat and enjoy!

Sweet & Sour Harvard Beets

1/3 cup sugar
1/2 tsp. salt
1 tbsp. cornstarch
1/4 cup cider vinegar
3 tablespoons butter
3 cups beets, diced or sliced (cooked or canned)*
1/4 c. water

In pan, blend sugar, salt and cornstarch. Stir in vinegar and water. Cook, stirring constantly until thickened. Add butter and beets. Heat thoroughly.

***To boil beets,** wash and remove all but ½ inch of tops, but do not peel. Cover with water and bring to a boil. Simmer for 20-30 minutes. When tender, drain and allow to cool. Skins will slip right off; slice or chop, as desired.