

Side Dishes

Brown Sugar-Glazed Beets

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Palm Beach Post

Servings: 6

Start to Finish Time: 15 minutes

3 tablespoons dark brown sugar

2 tablespoons orange juice

1 tablespoon unsalted butter

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

3 cups steamed beets, cubed 1/2-inch to 1-inch cubes

Combine the brown sugar, orange juice, butter, salt and pepper in a large nonstick skillet.

Cook over medium heat until the sugar and butter are melted and starting to bubble.

Stir in the beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6 to 8 minutes.

Serve hot or warm.

Per Serving (excluding unknown items): 45 Calories; 2g Fat (37.1% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 92mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.