

Side Dishes

Beet Salad

Adele Grossberg-Bark
Palm Beach Post

5 pounds beets

1/4 cup sugar

1 bottle (6 ounce) prepared horseradish and beets

1/4 cup white vinegar

Cook the beets in water until soft and a knife can be inserted easily into the beet.

Peel the beets.

Use the side of a box grater with large holes, or a food processor, to grate the beets.

Add the sugar.

When the beets are cool, taste them to check their sweetness. If they are not sweet enough, you may add an additional two to four tablespoons of sugar to sweeten them to your taste.

Add the horseradish and vinegar.

Mix and refrigerate.

Yield: 2 quarts

Per Serving (excluding unknown items): 856 Calories; 2g Fat (2.4% calories from fat); 24g Protein; 199g Carbohydrate; 42g Dietary Fiber; 0mg Cholesterol; 1187mg Sodium. Exchanges: 28 1/2 Vegetable; 3 1/2 Other Carbohydrates.