
Beets and Pineapple

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 can (16 ounce) sliced beets, drained

1 can (8-3/4 ounce) pineapple tidbits with juice

2 tablespoons brown sugar

1 tablespoon cornstarch

1/4 teaspoon salt

1 tablespoon butter

1 tablespoon lemon juice

In a saucepan, combine the brown sugar, cornstarch, salt, pineapple and juice. Bring to a boil.

Add the butter, lemon juice and beets.

Yield: 3 to 4 servings

Per Serving (excluding unknown items): 204 Calories; 11g Fat (49.4% calories from fat); trace Protein; 26g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 658mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.