

Harvard Beets

Debbie Jackson

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

1/2 cup sugar

1/2 tablespoon cornstarch

1/4 cup mild vinegar

2 tablespoons butter

1/4 cup water

12 small beets, cooked and

sliced or cubed

butter

In a saucepan, mix the sugar and cornstarch.
Add the vinegar and water. Boil for 5 minutes.

Add the beets. Let stand for at least 30 minutes.

Just before serving, bring to a boiling point and
add butter.

Per Serving (excluding unknown items): 171 Calories; 4g Fat (20.5% calories from fat); 3g Protein; 33g Carbohydrate; 5g Dietary Fiber; 10mg Cholesterol; 167mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 1 Fat; 1 Other Carbohydrates.