

Moms Beets with Orange Sauce

Mrs Donald B reidel

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

Servings: 6

*3 cups sliced and cooked
beets*

1/4 cup sugar

2 tablespoons butter

2 tablespoons flour

1/2 cup orange juice

Preheat the oven to 350 degrees.

In a bowl, mix the flour, sugar, orange juice and butter together. Add the beets.

Turn the mixture into a casserole dish.

Bake, covered, for 15 minutes.

Per Serving (excluding unknown items): 85 Calories; 4g Fat (40.4% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 39mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.