

Side Dish

Wine-Poached Beets

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Servings: 8

Preparation Time: 25 minutes

Cook time: 45 minutes

3/4 cup dry red wine (Merlot or Shiraz) or apple juice

1/2 cup water

1 tablespoon packed brown sugar

2 1/2 pounds beets, peeled and cut into bite-size pieces

salt and ground black pepper (to taste)

honey (optional)

1 tablespoon snipped fresh parsley

lemon wedges (optional)

In a large saucepan, combine 1/2 cup of the wine, the water and brown sugar. Bring to a boil. Stir to dissolve the sugar.

Add the beets. Return to a boil. Reduce heat and simmer, covered, for about 45 minutes or until the beets are tender and can be pierced with a fork, stirring occasionally. Drain.

Transfer the beets to a serving bowl.

Sprinkle the remaining wine over the beets.

Season to taste with salt and pepper.

Drizzle with honey, if desired.

Sprinkle with parsley.

Serve with lemon wedges, if desired.

Per Serving (excluding unknown items): 47 Calories; trace Fat (2.7% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 2 Vegetable; 0 Other Carbohydrates.