



## **Beets, Harvard Style**

Serves: 6 | Serving Size: 1 cup

Ingredients Needed:

- 6-8 medium beets, about 6-8 cups pre-sliced beets
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 2 tablespoons butter
- 1/2 cup orange juice

Directions:

1. Cook beets in boiling water, covered, for 35–50 minutes until they are fork-tender.
2. Cool slightly, cut off the ends of the beets, rub off skins under cold water, and slice.
3. Combine sugar and cornstarch.

4. In a small pot, melt butter. Add the sugar and cornstarch mixture, and 1/2 cup orange juice. Mix well. Simmer 5 minutes, stirring often.
5. Pour over beets. Mix and serve.

Tips:

- Canned beets (sliced or whole) can be used in this recipe instead of whole fresh beets.
- If using canned beets skip steps #1 and #2.
- Decrease sugar to 1/4 cup for the glaze to be less sweet.