



Brown Sugar-Glazed Beets

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Try a sweet glaze on beets or other root vegetables to help balance their earthy flavor. This easy recipe will work with steamed carrots, turnips or rutabaga too.

6 servings, about 1/2 cup each | Active Time: 15 minutes | **Total Time:** 15 minutes

Ingredients

- 3 tablespoons dark brown sugar
- 2 tablespoons orange juice
- 1 tablespoon unsalted butter
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 cups steamed cubed beets, 1/2- to 1-inch cubes (see Tip)

Preparation

1. Combine brown sugar, orange juice, butter, salt and pepper in a large nonstick skillet. Cook over medium heat until the sugar and butter are melted and starting to bubble. Stir in beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6 to 8 minutes. Serve hot or warm.

Nutrition

Per serving :74 Calories; 2 g Fat; 1 g Sat; 0 g Mono; 5 mg Cholesterol; 14 g Carbohydrates; 1 g Protein; 2 g Fiber; 164 mg Sodium; 276 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 vegetable, 1/2 carbohydrate (other), 1/2 fat

Tips & Notes

- **Tip:** How to Prep & Steam Beets: Trim greens (if any) and root end; peel the skin with a vegetable peeler.
- Cut beets into 1/2- to 1-inch-thick cubes, wedges or slices.
- **To steam on the stovetop:** Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10 to 15 minutes.
- **To steam in the microwave:** Place in a glass baking dish, add 2 tablespoons water, cover tightly and microwave on High until tender, 8 to 10 minutes. Let stand, covered, for 5 minutes.
- No time to prep? Look for Melissa's brand Peeled Baby Red Beets in the produce section of many supermarkets. They're peeled, steamed and ready to eat and contain far less sodium than their canned counterparts.