

LOW PROTEIN RECIPE - VEGETABLE

Orange Beets:

Makes 6 servings.

Ingredients:

2 pounds young tender beets
1/3 cup granulated sugar
2 tablespoons cornstarch
1 cup orange juice - unsweetened
1 tablespoon margarine

How to make:

Wash and cut off the stems of the beets.
Cover with water.
Bring beets to a boil then simmer until tender - about 40 minutes.
Drain beets and drop in cold water for a minute. Remove the skins.
Keep beets warm.
Blend sugar and cornstarch in a saucepan.
Add orange juice and butter.
Cook over low heat until the sauce is thick.
Pour sauce over beets and serve.

Composition:

1 serving = 1 1/2 vegetables
1/2 fruit
(2 grams pro, 100 mg Na, 55 mg phos., 0 chol.)

Note:

Not to be used by diabetics.