

Brighten Your Plate with Beet Pickles!



Beet Pickles

Serves: 10 | *Serving Size:* 2 Tablespoons

Ingredients:

4 small beets, rinsed but not peeled
1/4 red onion, peeled
2 cups water
4 tablespoons red wine vinegar
2 bay leaves
Dash of salt

Directions:

Slice the beets and onion on a mandolin — they should be very thin. Place them in a pot and then add water, vinegar, bay leaves, and a dash of salt.

Bring the mixture to a boil, then reduce it to a simmer. Cover the pan and cook for 5 to 8 minutes or until the beets are crisp-tender.

Remove from heat. Serve hot or chill overnight and serve cold the next day.

Nutrition Information:

Serves 10. Each serving has 15 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 43 mg sodium, 3 g carbohydrate, 1 g fiber, 2 g sugars, and 1 g protein.

Each serving also has 0% vitamin A, 3% vitamin C, 0% calcium and 0% iron.

Chef's Tips:

If you don't have a mandolin, simply slice the beets as thinly as you can. If you do this, know that you may need to simmer your beet mixture for a bit longer in order for the beets to reach the perfect crisp-tender phase.

These pickles are the perfect sides or toppings for sandwiches. They're also amazing when tossed into a salad.

Beet juices can stain, so use caution when preparing these vegetables.

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