

Pineapple Beets

This is a special way to dress up beets. Paired with pineapple, they have a fresh, slightly sweet taste that has even people who don't usually like beets taking second helpings.

- 2 Tb. packed brown sugar
- 1 Tb. cornstarch
- 1/4 tsp. salt, optional
- 1 can (8 oz.) pineapple tidbits, un-drained
- 1 can (16 oz.) sliced beets, drained
- 1 Tb. butter, optional
- 1 Tb. lemon juice



In a saucepan, combine brown sugar, cornstarch and salt.

Add pineapple and bring to a boil, stirring constantly until thick, about 2 minutes.

Add the beets, butter and lemon juice; cook over medium heat for 5 minutes, stirring occasionally.

Yield: 4 servings.

NOTE: Butter or salt is not needed to make these tasty beets delicious.