



Teriyaki Beets

4 servings

INGREDIENTS

- 12 small beets, or 3-4 full sized beets, kept whole
- 4 Tbsp butter, melted, or oil
- 1 Tbsp soy sauce
- 2 Tbsp honey
- 2 Tbsp fresh ginger, minced (optional)
- 1 garlic clove, finely minced (optional)

DIRECTIONS

1. Boil or steam beets until almost tender, about 30 -45 minutes.
2. Drain, rinse in cold water.
3. Once cool, peel skins with your hands, they should come right off. Cut into quarters.
4. Combine rest of ingredients in a small pan; heat gently, stirring until sauce is smooth.
5. Brush sauce onto beets and heat under broiler 5-10 minutes, stirring occasionally.



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.



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