

Easy Pickled Beets

- Don't have a spiralizer? No problem! Use the largest holes on a box grater or hand grater to get a similar shape.
- Use on top of salads for a bright pop of color or in sandwiches as a replacement for pickles.
- Beets contain powerful antioxidants like vitamin C and magnesium.
- Try adding in other vegetables for a more colorful, like shredded carrots.

Nutrition Facts	
13 servings per container	
Serving size	2 ounces
Amount per serving	
Calories	45
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 5g Added Sugars	10%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 113mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 13

Prep Time: 5 minutes



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Ingredients:

- 1 small red onion
- 4-5 large beets
- 3-4 cups white vinegar
- Juice of 1 lemon
- 1/3 cup sugar
- 1-2 Tablespoons peppercorns

Directions:

1. Peel onions, chop in half vertically, then slice into half circles.
2. Scrub beets, remove greens and stem.
3. Shred or spiralize beets.
4. In a large saucepan over medium high heat, combine onions, beets, vinegar, lemon juice, sugar, and peppercorns.
5. Bring to a boil.
6. Reduce to simmer.
7. Simmer for 5-7 minutes, stirring occasionally, then turn off heat and allow onions and liquid to cool completely.
8. Store in covered jar in refrigerator.

Recipe Credit:

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Adapted from Spa Bettie