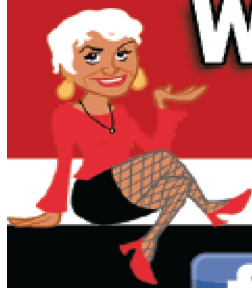


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BEETS WITH HONEY, MUSTARD AND BLACK PEPPER*

Advanced Lifestyle

Ingredients

1-1/2 lbs. Cooked beets, peeled and quartered if small; if large, cut into eighths
3 TBS low-fat butter
2 TSP dry mustard
1/4 TSP cinnamon
2 or 3 TBS orange juice
3 TBS honey
pinch of salt
lots of freshly ground black pepper

Instructions:

1. Melt the butter over low heat in a saucepan or sauté pan. Add dry mustard, cinnamon and orange juice, and stir until completely dissolved.
2. Add honey, salt and ample black pepper to taste. At this point, you can add the beets to the pan, toss until heated through in the hot sauce and serve immediately.
3. Or... you may place the sliced beets in a baking dish and pour the sauce over them. Cover with foil. The beets can rest this way for a few hours at room temperature and be baked later in 350° oven until warmed through, about 15-20 minutes.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1/2 cup = 1 V, 1/2 FT

*Note: For a dish of simple glazed beets, omit the mustard and simply use the butter, honey and black pepper. You might also want to use sugar-free maple syrup instead of honey another time.