

# Beet Puree

This recipe is from  
*The Moosewood Cookbook by Molly Katzen.*

2 beets (2 1/2 inch diameter)  
1/2 cup apple or orange juice  
2 tbsp. fresh lemon juice  
1 tbsp. cider vinegar  
2 tbsp. honey  
1/2 tsp. salt  
black pepper (to taste)  
minced fresh tarragon or mint (optional)

1) Cook beets until tender (you can boil them, or roast them on an oiled tray in a 400 degree F oven). Cool until comfortable to handle.

2) Rub off the skins, rough-chop the beets, and put them in a blender or food processor with the fruit juices and vinegar. Puree until smooth.

3) Transfer to a small bowl, and stir in honey, salt, pepper, and possibly the tarragon or mint. If necessary, thin to desired consistency with a little extra apple or orange juice.

\* Serve at room temperature over hard-boiled eggs, potato salad, zuc-  
canoes, or stuffed squash.

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# Shopping List

## Beet Puree

<u>Ingredients</u>	<u>Wiegth or Volume</u>	<u>PLU #</u>
beets (2 1/2 inch)	2	_____
apple or orange juice	1/2 cup	_____
fresh lemon juice	2 tbsp.	_____
cider vinegar	1 tbsp.	_____
honey	2 tbsp.	_____
salt	1/2 tsp.	_____
black pepper		_____
fresh tarragon or mint		_____

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