

Our State eats

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Glazed Spiced Beets

Yield: 6 servings.

10 to 12 whole beets, trimmed and washed

1¼ cup butter

1 teaspoon salt

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

¼ teaspoon ground nutmeg

¼ teaspoon ground cardamom

¼ cup light brown sugar, firmly packed

3 tablespoons fresh lemon juice

Preheat oven to 400°. Wrap the beets in foil and place on a baking sheet. Bake for 1 hour, or until the beets are very tender. Remove from oven and let cool. Once cool, remove the skins, which should easily rub off. Slice the beets and set aside.

In a saucepan, melt butter and stir in remaining ingredients. Add the sliced beets and bring to a boil. Reduce heat and simmer for 5 minutes. Spiced beets may be served hot or at room temperature.



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