

Sweet and Sour Beets

Ingredients

2 tablespoons chopped onion
1 tablespoon butter or soy margarine
2 tablespoons honey or maple syrup
2 tablespoons wine vinegar
1/8 teaspoon salt
1 16-ounce can sliced beets, drained

Method

Saute onion in butter in large skillet over medium heat until softened. Add honey, vinegar and salt. Cook and stir until mixture begins to boil. Add beets and cook until thoroughly heated. Serves four.