

## Golden Mandarin Beets



### Makes 35 servings

*¼ cup beet mixture per serving*

### INGREDIENTS

- 2 (15 oz.) canned beets
- 2 (11 oz.) canned mandarin oranges (in 100% juice)
- 2 cups golden raisins

### PREPARATION

1. Drain ingredients (reserve ¼ cup of juice).
2. Combine beets, mandarin oranges, raisins, and ¼ cup of reserved juice in bowl and mix well.
3. Place ¼ cup of mixture on a paper plate.
4. Serve immediately.

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*Nutrition information per serving:* Calories 46,  
Carbohydrate 12g, Dietary Fiber 1g, Protein 1g, Total Fat 0g,  
Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 40mg



Funded by USDA SNAP-E, an equal opportunity provider and employer.