



Asian Glazed Beets and Squash

Makes 4 servings



2 pounds beets
 2 pounds patty pan squash
 2 cups apple cider
 1 tbsp honey

2 tsp Chinese Five Spice
 2 tbsps olive oil
 Crumbled feta

1. Preheat oven to 400 degrees. Roast beets until fork tender. Peel and medium dice.
2. In small sauce pan, add 2 cups of apple cider, honey and Chinese Five Spice. Reduce over medium high heat to about ¾ cup of glaze.
3. Add olive oil to a sauté pan. Medium dice patty pan squash and sauté over medium heat for about 7-10 minutes, until it starts to get soft. Add beets. Cook 1-2 minutes. Add glaze. Warm through.
4. Salt and pepper to taste. Serve with crumbled feta.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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Farmers Market Food Safety Tips

- Wash hands before and after handling fresh produce.
- Thoroughly wash beets before eating or preparing by rinsing under cold, running water and scrubbing with a brush.
- If beets were purchased with the leaves attached, remove the tops. Storing beets with the leaves left on causes loss of nutrients and moisture.
- Store fresh beets in the refrigerator for 7-10 days.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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