

## Easy Refrigerator Pickled Beets

6 servings

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Beets contain vitamin C, which helps heal cuts and wounds. It is a good source of fiber, which helps to maintain bowel function. Beets also contain folate, which is important for red blood cell production, disease prevention, and prevention of neural tube defects (birth defects).

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- 1 cup apple cider vinegar
- ½ cup water
- ¼ cup sugar
- ¼ teaspoon salt
- 1 cinnamon stick
- ½ teaspoon whole cloves
- 2 cups sliced, cooked beets OR one 16-ounce can sliced beets, drained



1. Wash hands with soap and water.
2. In a medium saucepan, combine vinegar, water, sugar, salt, cinnamon, and cloves. Bring to a boil.
3. Add sliced beets and simmer for 3 minutes.
4. Carefully transfer beets and liquid to a clean canning jar or a glass container with a tight-fitting lid. Discard the cinnamon stick.
5. Close the jar tightly and transfer to the refrigerator. Refrigerate overnight before serving.
6. Drain before serving. Serve on a sandwich, wrap, salad, charcuterie board, or as a side dish.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving (1/4 cup):** Calories 50, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 115mg, Total Carbohydrates 10g, Fiber 1g, Total Sugars 9g, includes 6g Added Sugars, Protein 0g, Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%.