



Pickled Beets and Eggs

Servings 6 | Prep time 10 mins. | Total time 1 hour, 40 mins.

Equipment: Cutting board, Strainer, Medium pot with lid, Large saucepan with lid, Large container with lid

Utensils: Knife, Vegetable peeler, Measuring Cups, Measuring Spoons, Fork

Ingredients

6 large eggs

2 cups water

½ cup white vinegar

1 teaspoon sugar

2 large beets, peeled, and cut into wedges

Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables.
2. First, hard boil the eggs: place eggs in a pot and cover with 1 inch of cold water. Bring to boil over medium-high heat, then cover, remove from heat, and set aside for 8 to 10 minutes. Drain, cool eggs in ice water, and peel.
3. Combine water, vinegar, beet wedges and sugar in a large saucepan and simmer, covered, for 20 minutes or until beets can be easily pierced with a fork.
4. Cool the beet mixture completely, about 1 hour.
5. Pour the beets into a container with a lid and add the peeled eggs. Stir the eggs and beets in the liquid to completely coat.
6. Eggs and beets can remain in the refrigerator for up to one week.

Nutritional Information:

Calories 100

Total Fat 5g

Sodium 85mg

Total Carbs 4g

Protein 7g