

Apple and Beet Compote

1 pound beets, trimmed, boiled in water with lemon juice to cover, drained, peeled, and cut into 1/4 in dice
3/4 cup red onion, halved and thinly sliced
2 medium sized Granny Smith apples, peeled, cored and chopped
1/2 cup apple juice
Salt and pepper to taste
1/2 tsp ground cardamom
2 tbsp margarine (Nucoa)

Combine beets, onion, and apples in a medium sized heavy sauce pan. Add the apple juice and season with salt, pepper, and cardamom. Cover and simmer over low heat until the apples and beets begin to fall apart (about 15-20 minutes). Beat in the butter, breaking up the beets and apples. The mixture should be lumpy. Serve hot or cold. Makes 20 servings.

Per recipe: 273 mg phe, 10 g protein
Per serving (1/4 cup): 14 mg phe, 0.5 g protein



Adapted from the Seattle Post-Intelligencer