

SALADS, SALAD DRESSINGS, AND RELISHES No.M 037 00
PICKLED BEET AND ONION SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	18 g	1 g	0 g	0 mg	417 mg	25 mg

Ingredient

BEETS,CANNED,SLICED,INCL LIQUIDS
 RESERVED LIQUID
 VINEGAR,DISTILLED
 CINNAMON,GROUND
 CLOVES,GROUND
 SALT
 PEPPER,BLACK,GROUND
 SUGAR,GRANULATED
 SUGAR,BROWN,PACKED
 ONIONS,FRESH,SLICED

Weight

26 lbs
 6-1/4 lbs
 4-1/8 lbs
 1/4 oz
 3/8 oz
 1 oz
 1/8 oz
 12-1/3 oz
 1 lbs
 2 lbs

Measure

3 gal
 3 qts
 2 qts
 1 tbsp
 1 tbsp
 1 tbsp
 1/3 tsp
 1-3/4 cup
 3-1/4 cup
 2 qts

Issue

2-1/4 lbs

Method

- 1 Drain beets; reserve juice for use in Step 2; beets for use in Step 4.
- 2 Combine reserved juice, vinegar, cinnamon, cloves, salt, pepper, and sugars.
- 3 Cover; bring to a boil; reduce heat; simmer 10 minutes. Cool.
- 4 Combine beets and onions.
- 5 Pour sauce over beets and onions. Cover; refrigerate at least 3 to 4 hours before serving. Keep refrigerated until ready to serve.
 CCP: Hold for service at 41 F. or lower.