

Healthy Cooking

Tips To Help You

Get These Colorful Fruit And Veggie Recipes—Bursting With Buttery Flavor

(NAPSA)—To help you prepare a rainbow of flavorful fruits and vegetables that can contribute to good health, one company has created a collection of colorful recipes.

Butter Buds® created the recipes according to the “5 A Day For Better Health” nutrition education program, which says eating five or more servings of fruits and vegetables each day can play an important role in healthier living. The product adds the taste of butter to recipes without the fat and calories.

From summertime’s fresh yellow corn and crisp red apples to the hearty hues of fall’s many varieties of orange sweet potatoes and squash, eating healthfully is a year-round adventure.

Butter Buds’ “Beautiful Beets” is a tasty combination of fresh red beets, butternut squash and naturally sweet potatoes.

For more recipes, send your name and address, and a S.A.S.E. to: Butter Buds Recipes, c/o GBA Public Relations, 4920 Conference Way South, Suite 8, Boca Raton, FL 33431 (allow 4-6 weeks). For more recipes and information, visit www.ButterBuds.com.

Beautiful Beets

8 servings

- 1 cup liquefied Butter Buds® mix
- ½ cup red wine vinegar
- ½ cup Sugar In The Raw®
- 1 Tablespoon dried thyme or 2 Tablespoons fresh
- 3 pounds fresh beets, leaves and stems removed; beets scrubbed
- 1 butternut squash (about 1¾ pounds)
- 4 sweet potatoes (about 2½ pounds)



- 4 whole cloves garlic, peeled
- 4 shallots, peeled and cut in half if large
- Salt to taste, about ¼ teaspoon
- Freshly ground black pepper to taste

Spray 2 jelly roll pans with non-stick cooking spray and line with heavy-duty aluminum foil.

Preheat the oven to 400 degrees.

Combine first four ingredients in a small bowl. Place the beets on a prepared jelly roll pan and roast them for about 1 hour, or until tender when pierced with a knife. The roasting time depends upon the size of the beets. Rotate pan after 30 minutes. When the beets are cool enough to handle, peel and quarter them.

Toss the beets with 2 tablespoons of the Butter Buds mixture, place them on a prepared jelly roll pan, and roast them for 15 minutes. Remove from

the oven, baste with the Butter Buds mixture, and let cool on the jelly roll pan. Season with salt and pepper to taste.

While the beets are roasting, peel the butternut squash and sweet potatoes, remove the seeds from the squash, and cut both vegetables into approx. 2-inch pieces. Place the sweet potatoes and butternut squash on a prepared jelly roll pan. They should be only one layer deep. Pour ½-cup of the Butter Buds mixture over them and toss them to cover. Roast for 30 minutes. Add the cloves of garlic and shallots to the jelly roll pan. Pour ¼ cup of the Butter Buds mixture over the vegetables and toss them. Continue to roast them for about 30 minutes more, or until tender when pierced with a knife. Remove from oven and baste with Butter Buds mixture.

Place the beets, squash, sweet potatoes, shallots and garlic in a heatproof baking dish and return to the oven if necessary until all vegetables are heated throughout.

Cook's Tip from the experts at Butter Buds:

Roasting beets unpeeled and with the stems on will reduce the bright red juice that bleeds out when you cut them. To be safe, wear latex gloves.

Nutritional information per serving: calories: 331, total fat: 0.8g, saturated fat: 0.2g, % calories from fat: 2%, protein: 6g, carbohydrates: 80g, cholesterol: 0mg, dietary fiber: 13g, sodium: 329mg