

Beets and Oranges

Submitted by Ann Zakreski

Ingredients:

1 15oz can of beets, drained
2 oranges
Fresh dill

Make sure both the beets and oranges have been refrigerated for a few hours. Drain beets and cut into smaller chunks. Cut oranges in half and section like a grapefruit.

Put both in a bowl and squeeze orange juice over the beets. Mix together. Chop some fresh dill and add to beet mixture. Serve.

Lenten Variation:

- * Can be served over fresh salad greens, as well
- * Add black olives

After Lent:

Add feta or gorgonzola cheese

“Do not rely on the evil one, who instills in you deceptive ideas, saying “You are still young, and will still live a long time. Therefore enjoy yourself now, and do not worry about your soul; you will repent when you are old.” If you do not repent when you are young, at an age when you are in full of strength, able to bear any burden and endure your podvig, then will you not, in old age, use your weakness as your justification?”

St. Ephraim of Syria