

ROOTS

Purple beet shreds hold their color in the baking of this sweet bread, which gets additional flavor from applesauce, orange juice, pecans and spices. The recipe was a blue ribbon winner at the 2017 State Fair.

Beet Quick Bread

Makes 1 loaf

1 ½ cups flour
¾ cup sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon salt
¼ teaspoon ground allspice
¼ teaspoon ground nutmeg
1 egg
¼ cup vegetable oil
¼ cup orange juice
¼ cup applesauce
1 cup finely shredded raw (peeled) beet
¾ cup chopped pecans



NancyStohs

Grease a 9-by-5- or 8-by-4-inch loaf pan. Preheat oven to 350 degrees.

In a large bowl, combine dry ingredients (through nutmeg). Whisk to blend. In a medium bowl, beat egg and add oil, orange juice, applesauce and beet. Stir to blend.

Add wet ingredients to dry all at once and mix until just combined. Fold in nuts. Transfer mixture to prepared pan and spread level.

Bake in preheated oven 55 to 60 minutes or until a toothpick inserted into center comes out clean (check at 50 minutes). Let cool 10 minutes in pan, then remove to a rack to cool completely before slicing.

Note: You'll need about 5 to 6 ounces beets (two small).