

Beet Greens

Prep time: 5 –10 min
Cook time: 8 –10 min

3 fresh beets with greens
1 medium onion, diced
1 clove garlic, diced
Salt to taste
Black pepper to taste
Extra virgin olive oil or Coconut oil



Directions

Prepare beet greens: remove beet stems with greens just above the beet. Wash thoroughly. Cut stem off just below the leafy green. They will be cooked separately.

Dice the beet stems into 1cm pieces, removing any discolored areas.

Sauté diced onions and beet stems in olive or coconut oil until the onion begins to caramelize. Stir regularly.

Chop greens into 1 inch segments.

Add diced garlic and sauté for 1 min before adding chopped greens. Cover and cook until the greens shrink down but are still bright green. Usually takes 1 –2 min.

Add salt, pepper and olive oil to taste.

By Marisa Reyes