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| SuperHero Sauteed Beet GreensThis recipe makes use of Riverside’s farm-fresh beets.C:\Users\Jen\AppData\Local\Microsoft\Windows\INetCache\IE\VO1GFJSK\Vinilo_decorativo_gorro_chef_2[1].png**Ingredients*** 1 bunch beets (about 4 beets) with lush green tops attached
* 1 tbsp olive oil
* 2 large garlic cloves, thinly sliced or minced
* 1 tsp fresh lemon juice
* kosher or fine sea salt
* freshly ground pepper

Optional Seasonings and Ingredients* Cayenne, red pepper flakes, smoked paprika, cumin, ginger, basil, oregano, coriander, raw cacao, and curry pair well with beet greens.
* Red wine vinegar or apple cider vinegar compliment the flavor of beet greens as do gourmet olive oils, such as truffle olive oil and rosemary olive oil. Toasted sesame oil with beet greens is another delicious combination.

**Directions**1. Trim off the greens, leaving 1 inch of the stem attached to each root.
2. Trim and discard the thick, fibrous stems from the greens and remove any wilted or spotted leaves.
3. Stack the leaves, and then cut the stack in half lengthwise through the center vein.
4. Chop the greens crosswise into large pieces, about 2 inches wide.
5. Rinse the greens in several changes of cold water until they clean and water is clear.
6. Dry them in a salad spinner or blot dry with paper towels.
7. In a large sauté pan, heat the oil over medium heat and swirl to coat the pan bottom.
8. Add garlic and sauté until soft but not brown, about 1 minute.
9. Add greens and toss with tongs until wilted but still crisp-tender and bright green, about 3 minutes.
10. Add the lemon juice. Season greens lightly with salt and pepper, and then give the greens a final toss in the pan.
11. Serve immediately.

Photo/recipe: [justbeetit.com](https://www.justbeetit.com/appetizers/sauteed-beet-greens) |

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| Photo and recipe: Debi / Simply Beautiful Eating |