

Sautéed Beet Greens

4 servings

Ingredients

- 1lb beet greens (2 large bunches)
- 1-2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- ¼ tsp dried red pepper flakes
- Freshly ground pepper
- Salt (optional)

Directions

1. Bring a large pot of water to a boil while you stem the greens and wash the leaves
2. Once water comes to a boil add the greens. Blanch for 2 minutes, until tender. Transfer immediately to bowl of ice water, then drain and squeeze the water out from its leaves. Chop coarsely.
3. Heat the oil over medium heat in a large nonstick skillet
4. Add the garlic and red pepper flakes and cook, stirring, until the garlic is fragrant and translucent, 30-60 seconds.
5. Stir in the greens for 1-2 minutes, until they are nicely seasoned with garlic & oil. Season with salt & pepper. Remove from heat and serve.