

Sautéed Beet Greens	
Ingredients	Instructions
<ul style="list-style-type: none">• 2 bunches of beet greens (stems removed and washed)• 2 garlic cloves, finely diced• 1-2 tbsp olive oil• ¼ tsp red pepper flakes (optional)• 2 lemons, quartered• Large bowl of ice water• Salt and pepper	<ol style="list-style-type: none">1. Boil: Bring a large pot of water to a boil, add a pinch of salt to the water. Add beet greens and cook uncovered for about 2 minutes. Once greens are tender drain into a colander/strainer.2. Cool: Immerse in ice water immediately for at least 5 minutes to stop the greens from cooking further.3. Chop: Once beet greens are fully chilled, chop coarsely.4. Heat Oil: In a skillet, warm olive oil over medium heat.5. Sauté: Add garlic and red pepper flakes; sauté until fragrant (about 1 minute). Toss in chopped beet greens and stir until covered in olive oil. Cook until greens are hot (about 1-2 minutes).6. Season: Finish with salt and pepper, garnish with a piece of lemon. Serve warm.