

Recipe – Beets and Beet Greens

This recipe is adapted from *Greens Glorious Greens!*

Ingredients:

- ¼ toasted walnuts
- 2 bunches beets with greens (about 6 medium beets)
- 2 Tbsp fresh lemon juice
- 1 Tbsp balsamic vinegar
- 2 Tbsp extra virgin olive oil
- salt, if permitted

Directions:

Toast the walnuts at 375 degrees for 5 – 7 minutes and coarsely chop

Cut off the beet greens, cut off stems and discard. Wash the greens and cut into strips, about ½ inch wide

Scrub the beets but don't peel

Steam or boil until tender, about 30 minutes (We left the skins on, but you can rub them off at this point)

Slice the beets and toss with lemon juice, vinegar, 1 Tbsp olive oil and salt

In a large skillet, heat the remaining oil over medium heat

Add onions and sauté for 3 minutes

Add the greens and cook, stirring, until wilted but still robust

Blend the beets and greens and garnish with walnuts

Sometimes we add crumbed sheep's milk or goat feta