

## Sautéed Beet Greens

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



**Nutritional Bonus:** While often tossed away, beet greens actually contain more concentrated amounts of carotenoids, flavonoids and vitamin A than the beets themselves. Just 1 serving of this dish provides 143% of your daily need of vitamin A and 58% of your day's vitamin C.

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### SAUTÉED BEET GREENS

Serves 4. Hands-on time: 10 minutes. Total time: 18 minutes.



#### INGREDIENTS:

- 1 lb beet greens (from 6 large beets), roughly chopped
- 2 tsp extra-virgin olive oil
- 4 cloves garlic, minced
- ½ tsp sea salt

#### INSTRUCTIONS:

**ONE:** Fill a large bowl with cold water. Add beet greens and wash thoroughly, allowing dirt to collect on bottom of bowl. With a slotted spoon, carefully

lift greens out of water, shaking off excess liquid. Discard water.

**TWO:** In a large skillet, heat oil on medium. Add garlic and sauté, stirring occasionally, until fragrant, about 45 seconds. Add beet greens, working in 2 batches if necessary to avoid overcrowding. Sauté, stirring every 15 to 20 seconds, until wilted, 1 to 2 minutes. Sprinkle with salt and serve immediately.

**Nutrients per 1-cup serving:** Calories: 50, Total Fat: 2.5 g, Sat. Fat: 0 g, Carbs: 6 g, Fiber: 4 g, Sugars: 1 g, Protein: 3 g, Sodium: 317 mg, Cholesterol: 0 mg

