

BEET GREENS

1-2 tbsp olive oil

Salt and pepper to taste

Wash reserved beet greens and drain. Heat oil in sauté pan until hot. Slice beet greens into strips and place beet greens in pan and sauté approximately 2-3 minutes or until wilted.

Do not cook these until the last minute because it only takes a short time for them to cook.

They resemble cooked spinach.

This recipe provided by Bush-N-Vine Farm.

Visit our website for more recipes. www.bushnvinefarm.com

(803)684-2732

