

Swiss Beets and Greens

Serves 6

This dish uses the entire beet – bulb and greens – for a nutrient dense side that is loaded with layers of taste, color and texture.

- 3-5 bunches beets with greens (~ 1 to 1 ½ lb)
- 1 fresh orange, optional, chopped coarsely with skin
- 1 Tbsp olive oil
- 1 clove garlic, minced
- 1-2 Tbsp balsamic vinegar
- 1-2 Tbsp toasted pepitas (pumpkin seeds)
- 1 ½ - 2 lb. goat cheese / feta, crumbled

Remove greens from beets and set aside. Boil beets covered in water, until tender. Remove from heat and shock with cold water. Slip off skins. Cut into bite size pieces.

Heat olive oil in large skillet. Add garlic and heat briefly. Add cooked beets, the greens and oranges. Sauté adding balsamic vinegar to keep from burning. Cook until beets are heated through and greens are bright green and tender, 3-5 minutes. Allowing balsamic vinegar to reduce adds a lot of flavor.

Before serving, add pepitas and crumbled goat cheese.

