

Glazed Beets and Greens

Just Say Yes to Fruits and Vegetables

No need to throw out your beet greens with this tasty, colorful recipe!



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Serves 7 • Serving: 1 cup



Choose medium sized beets that have about 3 or 4 leaves per beet.

Ingredients:

- 5 beets with greens, prepared as follows:
 - greens, washed and chopped into ½-inch pieces
 - green stems, washed and diced
 - beets, scrubbed and diced with peels on
- 1 sliced onion
- 3 tablespoons balsamic vinegar
- 2 tablespoons vegetable oil
- Salt and pepper, to taste

Directions:

1. In a large pot over high heat, add beets, onions, vinegar, and oil.
2. Cover the vegetables with 1 cup of water and bring to a boil.
3. Reduce heat to low, cover, and simmer for 10 minutes. Add stems, remove cover, and simmer for 5 minutes or until beets and stems are soft.
4. Add the greens and cook for 3-5 more minutes or until greens are soft.
5. Remove vegetables from the liquid and set aside. Bring the liquid to a boil and reduce until only half the liquid is left.
6. Add beets, stems, and greens back to the liquid. Season with salt and pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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