

Beet Greens

Fresh Beet Tops

Olive Oil

Teeny Bit of minced Garlic

Crushed Red Pepper Flakes (Optional)

Salt

Pepper

Wash beet greens. Bring a pot of lightly salted water to boil. Add the beet greens and cook until tender, about 2 minutes. Drain in a colander.

In a pan, heat the oil and add the garlic and pepper flakes. Also any other spices you might enjoy in there! Fry for a little longer and add the beet greens. Stir to coat and add salt and pepper. Enjoy!

Recipe found: [Simple and Delicious Beet Greens](#)

Another way to use beet greens:

- Cut them up and use them in lettuce salads
- Let us know your way!