

## BEET GREENS



### *Beet Greens with Tahini Sauce*

#### INGREDIENTS

- 2 bunches of beet greens, stems removed (about a pound)
- 2 tablespoons unsalted butter
- 1 medium onion, sliced thinly
- 2 garlic cloves, sliced thinly
- 1 tablespoon soy sauce, plus more to taste
- 4 tablespoons tahini (homemade or store bought)
- 1 small lemon
- Crushed red pepper, to taste

PEAK SEASON

*June–December*

## DIRECTIONS

- 1** Fill a large pot with water, and bring to a boil. Add the beet greens, and cook for 2 minutes. Drain and add them to a bowl full of iced water to stop the cooking process.
- 2** While the beet greens cool, whisk the tahini, juice of 1 lemon, and soy sauce together.
- 3** When the greens are cool enough to handle, drain them thoroughly, removing as much of the excess water as you can. Chop the greens roughly.
- 4** In a large pan over medium high heat, melt the butter and sauté the onion for a couple minutes. Add the garlic and continue cooking for another minute.
- 5** Add the beet greens and crushed red pepper, to taste, and heat until just warm. Toss in  $\frac{3}{4}$  of the tahini sauce.
- 6** Serve with the remaining tahini sauce drizzled over the top.

### *Nutrition tip:*

*Beet greens actually contain higher amounts of iron than spinach, and consumption helps to strengthen your immune system and support brain and bone health.*

*Recipe provided by  
Alexis Adams-Wynn*

