

## SAUTÉED BEET GREENS WITH GARLIC & OLIVE OIL

from [The New York Times Fitness & Nutrition](#)

(serves 2-4)

### Ingredients

- 1 lb **beet greens** (2 large or 3 small bunches)  
**salt**
- 1-2 Tbsp extra-virgin **olive oil**, to taste
- 2 **garlic cloves** , minced
- ¼ tsp **dries red pepper flakes** (*optional*)  
Freshly ground **pepper**

### Preparation

- 1.** Bring a large pot of water to a boil while you stem the greens and wash the leaves in 2 rinses of water. When the water comes to a boil, add 1 tablespoon of salt and the greens. Blanch for 2 minutes, until tender. Transfer immediately to a bowl of ice water, then drain and squeeze the water out from its leaves. Chop coarsely.
- 2.** Heat the oil over medium heat in a large, heavy nonstick skillet. Add the garlic and hot red pepper flakes (*if using*) and cook, stirring, until the garlic is fragrant and translucent, 30 to 60 seconds. Stir in the greens. Stir for a couple of minutes, until the greens are nicely seasoned with garlic and oil. Season with salt and pepper, remove from the heat, and serve.

**NOTE** Some people enjoy a few drops of lemon juice with their cooked greens, so you might want to pass a plate of lemon wedges.

### ADVANCE PREPARATION

The blanched greens will keep in the refrigerator for about 3 days.