

Turnip the Beets

Turnip the Beets Beet the Boredom!

Turnips and Beets Are Coming to the Network!

Don't let these bold beauties intimidate you – beets are earthy, naturally sweet, packed with nutrients, and way easier to cook than you might think. Whether you're roasting, blending, or shredding, we're here to help you fall in love with beets—one vibrant bite at a time!"

Sautéed Beets and Greens



Ingredients:

- 3–4 small beets (beetroot and greens)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 onion, thinly sliced
- 4 cups beet greens (washed and chopped)
- Salt and pepper, to taste
- 1 tablespoon lemon juice or balsamic vinegar
- Optional: Red pepper flakes or fresh herbs (like parsley or thyme) for added flavor



Instructions:

1. **Prepare the Beets:** Cut the beet greens off the beet roots. Peel the beet roots and slice them into thin rounds or wedges. Set the beet greens aside.
2. **Sauté the Beets:** Heat olive oil in a large skillet over medium heat. Add the sliced beets and sauté for about 5–7 minutes, stirring occasionally until they start to soften. If you want, you can add a splash of water and cover to help them cook more evenly.
3. **Add the Onion and Garlic:** Add the sliced onion and minced garlic to the skillet with the beets. Continue sautéing for another 3–5 minutes until the onions soften.
4. **Add the Beet Greens:** Toss in the beet greens and cook for an additional 3–4 minutes until the greens are wilted but still vibrant.
5. **Season and Serve:** Season with salt, pepper, and lemon juice (or balsamic vinegar) to taste. For an extra kick, you can add a pinch of red pepper flakes or fresh herbs like thyme or parsley.
6. **Serve:** Serve the sautéed beets and greens warm as a side dish, on top of grains like quinoa or rice, or toss into a salad.



