

Beet Greens with Caramelized Onions and Brussels Sprouts

When you buy beets at the farmers markets, the beet greens are too beautiful to throw away. Here's a recipe that is best to make when you first bring them home or if you've stored them in a container to keep them fairly crisp. The beets will keep a lot longer in the refrigerator, so use them for another recipe.

4 Tablespoons	bacon fat or olive oil	1 clove	garlic
8 ounces	Brussels sprouts	1 Tablespoon	balsamic vinegar
1 small	onion thinly sliced	¼ teaspoon	salt and freshly ground black pepper
8 cups	beet or turnip greens		(to taste)

- 1 Cut Brussels Sprouts in half. Add 2 Tablespoons bacon fat or olive oil to a skillet and brown the Brussels Sprouts on medium-high heat for a few minutes. While browning, cut onion in half and then thinly slice the onions. Remove Brussels Sprouts from skillet and add in onions with enough fat to coat them well. Cover and cook on low heat for about 15 minutes.
- 2 Meanwhile, clean and slice beet greens. Once the onions are soft, browned and caramelized, add the beet greens and the minced garlic. Cover and let steam for a few minutes. Uncover and stir to combine all. Add the balsamic vinegar and Brussels Sprouts, cover again to complete cooking for a minute or two, just until beet greens are beginning to wilt. Serve immediately.

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 24 minutes

Total Time: 29 minutes

Nutrition Facts

Nutrition (per serving): 164 calories, 119 calories from fat, 13.2g total fat, 12.3mg cholesterol, 483.9mg sodium, 791.9mg potassium, 9.9g carbohydrates, 4.6g fiber, 2.7g sugar, 3.4g protein.

Source

Author: Patricia K. Rose, February 1, 2015

