

## **Beet Greens by Linda Viol**

Don't toss those greens unless you are tossing them in the frying pan!

Wash a bunch of fresh beets to remove soil. Cut greens close to tops of the beets. The beets can be stored in your fridge to use later for a number of recipes.

Rinse beet greens, including stems, in cold water bath.

Chop in half inch pieces.

Dice one small to medium onion and sauté in olive oil until tender.

Add the beet greens and sauté mixture on medium flame for several minutes, stirring often.

Season with garlic salt, sprinkle with a teaspoon of lemon juice, and teriyaki or soy sauce to taste. A shake or two of balsamic vinegar adds a nice flavor.

Continue to simmer for a few minutes on low. Do not over cook. Serve warm as a side vegetable.