

Simmered Beet Greens With Roasted Beets, Lemon and Yogurt

From – *nytimes.com*

2 bunches of beets with greens
2 Tbsp extra virgin olive oil
salt and freshly ground pepper
juice of 1 lemon (more or less to taste)
1 to 2 garlic cloves (optional)
1 cup drained yogurt
3 Tbsp chopped walnuts (optional)

- Preheat oven to 425 degrees.
- Cut the greens away from the beets, leaving about 1/4" of stems.
- Scrub the beets and place in a baking dish or lidded ovenproof casserole.
- Add 1/4" water to the dish. Cover tightly.
- Place in the oven and roast small beets (3 oz or less) for 30 to 40 minutes, medium beets (4 to 6 oz) 40 to 45 minutes and large beets (8 oz) 59 to 60 minutes, until easily penetrated with the tip of a knife.
- Remove from oven and allow to cool in the covered baking dish.
- Cut away the ends and slip off the skins. Slice or cut in wedges and set aside.
- While the beets are in the oven, stem the greens and wash in at least 2 changes of water. Place in a bowl.
- Heat large, wide skillet over high heat and add the greens by the handful, stirring each handful until the greens wilt in the water left on the leaves after washing.
- Once one batch has wilted, add another until all the greens are wilted.
- Add 1 Tbsp of the olive oil, turn the heat down to low, season with salt & pepper, cover and simmer for 5 minutes. The greens should be tender but still bright.
- Add 1 Tbsp lemon juice, toss the greens in the pan, taste and adjust seasoning. (Note: if you are not serving this right away, don't add the lemon juice, as it will change the bright color of the greens; instead, add shortly before serving.)
- At the point, you have the option of transferring the greens to a platter or serving the dish right from the pan. Whether in the pan or on a platter, arrange the beets on top of the greens.
- Drizzle on the remaining olive oil and squeeze on more lemon juice to taste.
- Mash the garlic to a puree with a pinch of salt in a mortar and pestle and stir into the yogurt.
- Place spoonfuls of yogurt over the top of the beets and beet greens, sprinkle on the walnuts and serve with grains if desired.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com