



SPICY WILTED GREENS WITH GARLIC AND ROASTED BEETS

By Mandy Gerth

Lower Valley Farm

Serves 12-20 as a side dish

10 lbs Beets, any variety

2 T. avocado oil, divided

3 lbs Bitter Greens, de-stemmed,
finely chopped

1 Head Garlic, peeled, diced

1-5 Cayenne Peppers

Salt, to taste

1/3 c. Balsamic Vinegar

Directions:

- Preheat oven to 375.
- Peel and coarsely dice beets, toss in 1 T. avocado oil and roast in dutch oven or lidded casserole one hour or until tender.
- In a large heavy-bottomed pan, heat 1 T avocado oil and saute garlic 2-5 minutes until fragrant and slightly browning.
- Add cayenne and saute with garlic about 1 minute.
- Add chopped greens, cook 5-7 minutes, stirring until wilted.
- When wilted add Balsamic.
- Remove from heat.
- When beets are finished roasting, toss greens mixture with roasted beets.

LVFarm Academy Recipe Archive

www.lowervalleyfarm.com

