**Cooking Garden Fresh Beet Greens**

Beet greens are the leafy tops of beets, featuring deep green leaves and scarlet stems. They have a mild, sweet, and slightly earthy flavor, similar to Swiss chard. These greens are nutritious, packed with vitamins A and K, and can be used in various dishes.

**How to Prepare Beet Greens**

**Cleaning and Trimming**

1. **Remove the Greens**: Cut the beet greens from the beets, leaving a small portion of the stem attached to the beets.
2. **Wash Thoroughly**: Rinse the greens in cold water to remove any dirt. You may need to wash them multiple times.
3. **Trim**: Cut away any tough or woody stems. Chop the leaves and stems into bite-sized pieces.

**Cooking Methods**

**Sautéed Beet Greens**

1. **Heat Oil**: In a large skillet, heat olive oil over medium heat.
2. **Cook Stems First**: Add chopped stems and sauté for about 2-3 minutes until they start to soften.
3. **Add Greens**: Toss in the chopped leaves and minced garlic. Sauté for another 2-3 minutes until the greens are wilted.
4. **Season**: Add salt, pepper, and a squeeze of lemon juice to taste.

**Boiled Beet Greens**

1. **Boil Water**: Bring a pot of lightly salted water to a boil.
2. **Cook Greens**: Add the beet greens and cook for 3-5 minutes until tender.
3. **Drain**: Drain the greens in a colander and season with butter, salt, and pepper.

**Serving Suggestions**

* Serve sautéed beet greens as a side dish with proteins like chicken or fish.
* Incorporate them into pasta dishes, grain bowls, or omelets for added nutrition and flavor.
* Beet greens can be enjoyed raw in salads, sautéed, or added to smoothies for a nutritious boost.

Beet greens are versatile and can be enjoyed in many ways, so feel free to experiment with different seasonings and ingredients!

**Health Benefits**

* **Rich in Antioxidants**: Beet greens contain antioxidants that support the immune system.
* **High in Vitamin K**: This vitamin is essential for bone health and may help protect against chronic diseases.
* **Low Calorie**: They are low in calories, making them a great addition to weight management diets.
* **Supports Digestion**: The fiber content aids in digestion and promotes regularity.