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## SALAD WITH BEETS AND BEET GREENS

SERVES 4 / PREP TIME: 15 MINUTES / COOK TIME: 30 MINUTES

*Don't throw those beet greens away! This simple side salad is an old Italian recipe that is very easy to make, using both the roots and tops (greens) of the beet. Some cooks use balsamic vinegar while others prefer red wine vinegar; either is very good, but I prefer the balsamic for its richer flavor.*

*Purchase beets with fresh-looking greens. If they're a bit wilted, submerge them in ice-cold water to freshen them. Swiss chard also works well in this recipe.*

6 medium red beets, roots left whole but with the tops cut off,  
sliced into 1-inch strips, and saved

3 tablespoons balsamic vinegar

3 tablespoons extra-virgin olive oil

Garlic salt

Freshly ground black pepper

1. In a large pot filled with water, boil the beet roots until they are easily pierced with a knife (about 25 minutes).
2. Remove the beets from the boiling water with a slotted spoon and place them on a separate plate to cool.

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3. Put the beet tops in the boiling water for 2 to 3 minutes (just until they wilt and turn a brighter color). Drain and cool.
4. Remove the skins from the beet roots (they'll slip off easily if you squeeze the beet slightly with your hand). Cut the roots into 1/2-inch slices or cubes.
5. Mix the beet tops with the sliced beet roots and season with the vinegar, olive oil, garlic salt, and pepper to taste.

**Cooking Tip:** *If you would like a crisper beet green, you may sauté the chopped beet tops in olive oil with a couple of thinly sliced cloves of garlic. And you can serve the beet tops separately or add them to the salad.*

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