

**BEET GREENS SAUTE WITH GINGER-COCONUT**

**Ingredients**

* 1 tablespoon virgin (not refined) coconut oil
* 1-2 cloves garlic thinly sliced
* 1-2 teaspoons peeled, grated ginger
* 8 ounces beet greens, stems thinly sliced (about 1 cup), and leaves torn (about 4 cups)
* 2-3 tablespoons water
* Salt (optional)

**Preparation**

Heat oil in frying pan over medium heat. Add garlic & ginger. Cook, stirring, for one minute. Add beet green stems & cook, stirring, for another two minutes. Add beet leaves and water and keep stirring for about two more minutes.

Serve immediately.

**Source:** <http://www.marthastewart.com/1074360/sauteed-beet-greens>