

**BRAISED BEET GREENS**

**Ingredients**

* 1 bunch Swiss chard, kale, or beet tops or a mixture of all three
* 1-2 T olive oil
* water as needed
* sea or kosher salt
* fresh-cracked black pepper

**Preparation**

Separate leaves from stems. Cut off the bottom inch or so of the stems and discard. Chop stems in small, bite-sized pieces.

Immerse greens in a pot of cold water and swish around, then upend into a colander, or clean under running water. Coarsely chop — or leave whole if very small (leaves have a tendency to be sandy). Do not dry.

Pour olive oil into a large, deep skillet over medium heat. Add the chopped stems, if using, and the greens. Cook the leaves, turning with tongs until wilted and about half their volume (about 5-10 minutes). Add more water if pan seems too dry. Season to taste and remove from the heat. Serve hot or cold.

Other suggestions: Add some garlic, or toss with Sriracha or serve with goat cheese or creamy feta and some toasted walnuts. See The Tomato link below for additional options.

**Source:** *The Tomato*, August 2013 <http://thetomato.ca/recipes/braised-greens-three-ways>