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## Balsamic Beets and Beet Greens

¼ cup	toasted walnuts
2 bunches	beets with greens (about 6 medium beets)
2 tbsp	fresh lemon juice
1 tbsp	balsamic vinegar
2 tbsp	extra virgin olive oil
1	Vidalia or red onion, sliced into thin half-moons
	Celtic sea salt to taste

Preheat oven or toaster oven to 375°F. Spread the walnuts in a baking dish and toast for 5-7 minutes. Coarsely chop and set aside.

Cut the beet root off the stalk, scrub root, and place unpeeled in a steamer. Cook until tender, approximately 30 minutes for small to medium beets and 40 minutes for large beets. When cooked, peel beets by running them under cold water while slipping off their skins. Cut beets into quarters, then into ¼ inch-thick slices. Place in a medium-size bowl and toss with the lemon juice, balsamic vinegar, 1 tbsp of olive oil, and salt. Set aside.

Meanwhile, cut the leaves from the stalks at the base of the leaf. Discard the stalks. Wash greens well in cool water (they are usually quite sandy) and cut into strips about ½ inch wide. In a large skillet, heat 1 tbsp of olive oil over medium heat. Add onions and sauté for 3 minutes. Add sliced greens and cook, covered, for 5-7 minutes, until wilted.

Just before serving, add beets to beet greens and heat through (1-2 minutes). Place greens and beets on a platter and garnish with toasted walnuts. Serves 4.

Adapted from Johnna Albi and Catherine Walthers, *Greens Glorious Greens!*, 1996.

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## Nutritional Value of Select Ingredients

**Beets** – The beetroot is an excellent source of folic acid, and a great source of fibre, manganese, and potassium. It is an excellent tonic for the liver, has anti-cancer properties, increase bowel function, and decrease cholesterol levels. The greens are even higher in nutritional value than the roots; they are rich in calcium, iron, and vitamins A and C.

**Walnuts** – These nuts contain beneficial polyunsaturated fatty acids that are great for the brain and lowering cholesterol. They are high in protein, fibre, minerals, and vitamins.

**Lemon Juice** – With its antibacterial properties and high levels of vitamin C, lemon juice is a great addition to any recipe. It is also great for balancing pH and detoxifying the body.

**Olive Oil** – Cold pressed extra virgin olive oil is a great monounsaturated fatty acid, especially for cooking. It has a good variety of vitamins and minerals, and can help lower LDL cholesterol, control blood pressure, and aid in diabetes.

**Onions** – Because they are high in sulfur, onions help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic. Eat them daily – raw or cooked.