

Pickled Beet Greens

feel free to substitute beet greens for spinach

Makes 1 or more servings (1 vegetable)

2 grams protein

0 fat

30 calories

Ingredients

- 1½ cups beet greens (make sure to remove the beets!)
- ¼ cup apple cider vinegar
- 1 tablespoon lemon juice
- 2 teaspoons Bragg's liquid aminos
- 1 clove of garlic, crushed and minced
- 2 tablespoons onion, minced
- ¼ teaspoon red pepper flakes or to taste
- Stevia to taste (optional)
- Sea salt and pepper to taste

PHASE 3

MODIFICATIONS:

Add 2 tablespoons of crumbled bacon to the greens for added flavour.

Directions

1. Combine liquid ingredients and spices.
2. Pour over beet greens and cook for 5-10 minutes, stirring occasionally to mix spices.
3. Add water as necessary.
4. Serve hot or cold.

