

Spiced Beet Greens (substitute spinach)

Makes 1 serving (1 vegetable)
1 gram protein
0 fat
30 calories

Ingredients

- 1½ cups beet greens
- ¼ cup chicken broth or water
- 4 tablespoons lemon juice
- 2 cloves of garlic, crushed and minced
- ¼ teaspoon paprika
- Pinch of cumin
- Pinch of lemon zest
- Sea salt and pepper to taste

**PHASE 3
MODIFICATION:**
Top with 1
tablespoon of
crushed pecans.

Directions

1. Combine spices in liquid ingredients.
2. Lightly sauté beet greens in spice mixture.
3. Serve hot and garnish with lemon and fresh ground black pepper.

