

## Use the **WHOLE Golden Beet Salad**

1. Scrub your beets with water to remove all the dirt. Cut off the greens and save them.
2. Do not peel the beets. Wrap however many you are going to use in aluminum foil (all in the same packet) and bake at 425 degrees until tender -- about 35 minutes.
3. While the beets are roasting, wash your greens. Wrap the greens in a piece of paper towel and put them in the refrigerator to stay crisp until the beets are done. Thinly slice at least one clove of garlic and set aside.
4. When the beets have finished roasting, slip the skins off. Slice the beets when they have cooled enough to handle, then set aside.
5. In a large skillet or wok, heat a tablespoon of olive oil over medium-high heat. Add your sliced garlic and sauté a minute or so, until it starts to soften. Add your greens and sauté until they are bright green and just wilted. Remove from heat.
6. Add the sliced beets and toss with a couple shakes of balsamic vinegar. Serve immediately.

From <https://www.leaf.tv/articles/how-to-prepare-golden-beets/>