

# Quick Beet Greens or Chard

From – *From Asparagus to Zucchini*

1 lb beet greens or chard, shredded  
1 garlic clove, minced  
2 Tbsp olive oil  
2 Tbsp sunflower seeds, toasted

- Toss beet greens, garlic and oil in large sauce pan or skillet.
- Cover and saute` until greens are just wilted. (Add a splash of water if necessary to prevent greens from sticking to pan.)
- Toast sunflower seeds in dry skillet or hot oven several minutes, tossing often, and stir into greens.



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