



Beet Salad with Moroccan Spiced Beet Greens



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch beets greens attached and retained thick peeled sliced
- ☐ 1 teaspoon cayenne pepper
- ☐ 4 clove garlic
- ☐ 1 teaspoon ground cumin
- ☐ 8 servings ground pepper fresh black
- ☐ 1 teaspoon kosher salt
- ☐ 1 slices optional: lemon for garnish
- ☐ 2 lemons juiced

- ☐ 8 servings olive oil
- ☐ 8 servings very olive oil good
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Put the very thin, uniformly round beets slices into a bowl along with the juice of 2 or 3 lemons. You want plenty of juice, but it does not need to be soupy.2
- ☐ Add the cayenne pepper. Set those aside until plating time to marinate at room temperature. But do not let them marinate more than 4 hours.
- ☐ Drain them before plating.
- ☐ Clean the beet greens by totally submerging them in a colander set in a large bowl of cool water. Agitate them well and leave to soak a few minutes. Then lift out the colander, drain the water, refill the bowl and repeat until there is no grit. (This is both easier and much more effective than the running water and colander method.)
- ☐ Roll a stack of beets leaves lengthwise, like a cigar. Then slice across the roll making perfect chiffonades about ¼ inch wide. Continue with all the greens.
- ☐ Put the greens into a big pot with a lid.
- ☐ Add a tablespoon or two of water. Cover the pot and bring what little liquid there is to a boil. Turn off the heat and leave the lid on for 5 or 6 minutes before proceeding.
- ☐ Next put the greens back into the colander and press out as much liquid as you can.
- ☐ Slice 4 garlic cloves and put them into a large frying pan with 3 tablespoons extra virgin olive oil. SautÃ© them at medium high until garlic begins to brown.
- ☐ Remove the pan from the heat and add 1 teaspoon paprika, 1 teaspoon ground cumin, 1 teaspoon oregano, 1 teaspoon kosher salt, along with a few grinds of black pepper.

- ☐
- Stir in the barely steamed greens adding a bit of olive oil if the mixture seems dry. 1
- ☐
- Mound the greens onto the center of a serving dish and give them a good squeeze of lemon juice. Surround the greens with plenty of the raw marinated golden beets. A good drizzle of olive oil finishes the dish.
- ☐
- Serve at room temperature.

Nutrition Facts

PROTEIN

1.47%

FAT

89.14%

CARBS

9.39%

Properties

Glycemic Index:29.25, Glycemic Load:2.01, Inflammation Score:-5, Nutrition Score:5.6756521929865%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 7.78mg, Hesperetin: 7.78mg, Hesperetin: 7.78mg, Hesperetin: 7.78mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 274.63kcal (13.73%), Fat: 28.29g (43.52%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 4.71g (1.71%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 317.18mg (13.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin E: 4.29mg (28.6%), Vitamin C: 16.99mg (20.6%), Vitamin K: 19.08µg (18.17%), Folate: 38.2µg (9.55%), Manganese: 0.18mg (8.98%), Fiber: 2g (8%), Iron: 0.94mg (5.23%), Vitamin A: 251.71IU (5.03%), Potassium: 166.07mg (4.74%), Vitamin B6: 0.08mg (3.87%), Magnesium: 12.39mg (3.1%), Calcium: 23.13mg (2.31%), Copper: 0.05mg (2.31%), Phosphorus: 22.55mg (2.25%), Vitamin B1: 0.03mg (1.84%), Vitamin B2: 0.03mg (1.61%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.12mg (1.2%), Vitamin B3: 0.21mg (1.07%)