

Sauteed Beets with Quinoa Pilaf

For the Beets:

1 bunch beets
1 bunch green onions, chopped
1 Tbs. olive oil
1 heaping tsp. brown sugar
1 heaping tsp. turmeric powder
1 level tsp. ginger powder
2 Tbs. white wine vinegar
salt and pepper to taste

For the Quinoa Pilaf:

1 cup quinoa (found at Whole Foods in the bulk grains section)
1/2 cup raisins
1/2 tsp. each of cinnamon, nutmeg, and cardamom powder
1 Tbs. olive oil

Slice the beets into thin rounds and then cut rounds in half. DO NOT PEEL. The beets are very tender so do not need peeling. Chop the greens and their stems into small pieces. Heat the olive oil in a large sauté pan on high heat. Add in the onions and beet root pieces, and cook for 3 minutes uncovered. Stir frequently. Meanwhile, combine the brown sugar, turmeric, ginger, vinegar, and salt and pepper in a cup and blend well. Add in the beet stems and greens, and pour the sauce over the top. Cook one to two more minutes until greens are just tender.

Heat the olive oil and spices in a small sauce pan. Add in the quinoa and sauté on high heat for one minute. Pour in 2 cups of water, and add in the raisins.

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Bring to a boil, stir, and cover. Turn down the heat and simmer for 10 minutes or until the liquid is gone. Turn off the heat, let sit 3-4 minutes, and serve topped with the beets.