

Recipe

CHARRED BEANS AND BEETS

SERVES 4

THE GOODS:

- 3 lbs or small/medium sized beets
- large bundle of green beans
- sunflower seeds
- goat cheese, crumbled (optional)
- olive oil
- salt and pepper, to taste

THE METHOD:

1. Preheat oven to 350 degrees.
2. Coat beets with olive oil and sprinkle of salt and pepper.
3. Cover with aluminum foil and place in oven for 1 hour until beets are tender.
4. Cool the beets, peel them, and chop into wedges.
5. Add 1 tbsp olive oil in a cast-iron skillet over high heat.
6. Place green beans on the skillet, and roast until crispy.
7. Mix in the beets with the green beans.
8. Meanwhile, toast sunflower seeds in a pan over low heat.
9. Sprinkle the green beans and beets with goat cheese, sunflower seeds, and salt and pepper to taste.

Enjoy!

Note: You can also buy pre-cooked beets to add with the green beans!

Boulder Nutrition