

Beet Greens, Leeks and Garbanzo Extravaganza

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Ingredients

beet greens from one bunch of beets

2 leeks

garlic cloves (to taste)

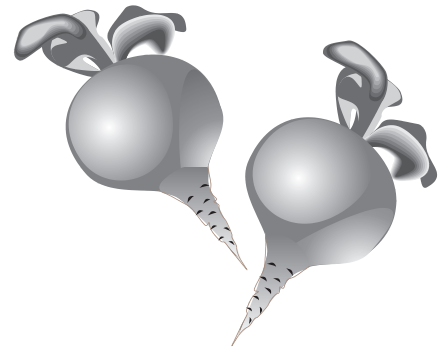
olive oil

1 15-ounce can of garbanzo beans (chi-chi beans)

soy sauce

2 tablespoons sesame seeds

2 tablespoons flax seeds



Directions

Wash beet greens, shake out water, and cut into smaller pieces.

Mince garlic and cut up leeks (white part only) into small pieces. Sauté the garlic and leeks in olive oil.

Add beet greens and sauté until wilted.

Add garbanzo beans and mix together, cooking until the beet greens seem done.

Add soy sauce to taste.

Add the sesame and flax seeds.

Eat!