



**Many Hands Organic Farm and
Sustainability Center**
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Beet-Top Crustless Quiche

from Vegetarian Times

Serves 8

Edible beet tops are the free prize that comes with the colorful root vegetable. This entrée calls for about the amount of greens you'd get from a one-pound bunch of beets, but it can also be made with spinach, Swiss chard, or other leafy greens.

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 minced garlic cloves
- 4 cups coarsely chopped beet greens
- 3 eggs
- ½ cup flour
- ½ teaspoon baking powder
- 1½ cups milk
- ¼ cup Parmesan Cheese

Directions:

1. Sauté onion in oil 5-7 minutes add garlic for 30 seconds, add greens and ½ cup water. Reduce heat to medium low, cover and steam 7-10 minutes, season with salt and pepper and cool.
2. Preheat oven to 350°, grease 9x9 pan or pie pan. Whisk eggs till frothy and whisk in flour and baking powder, no lumps. Whisk in milk and season with salt and pepper. Stir in cheese and greens, spread in pan and bake 50-60 minutes till puffy on top.