

Beet Greens Bruschetta

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beet-greens-recipe>

Ingredients:

- 3 tablespoons olive oil
- 1/4 cup onion chopped
- 1 cup beet greens chopped
- 1 medium tomato seeded and chopped
- 1 garlic clove minced
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried basil or 1 tbsp. fresh basil, chopped
- salt to taste
- 2 ounces asiago cheese
- 2 ounces Parmesan cheese
- 8 slices Italian bread

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 570 milligrams
9. Sugar: 1 grams

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