

Sausage-spiced Beets and Garlicky Greens Over Polenta

Not all beets are created equal. If you're making this recipe with small, fresh farmers market beets, be sure to check them after 15 minutes of roasting. If you want to make them in the winter with supermarket beets, peel them and steam them first. Try 10 to 20 minutes. Stop when the beets feel slightly tender when pierced with a paring knife, then proceed to the roasting step.

You also have my full permission to start with pre-cooked packaged beets. The [Love Beets](#) brand is excellent. You can use those, roasting them in the oil and spices for only about 10 minutes. Obviously, you will have no beet greens in that situation—use kale instead.

If you shop your farmers market for beets in the coming weeks, in the absence of a scale, I'd suggest buying two bunches of small golden beets with their greens for this recipe.

(You can read more about this recipe on the [Cruciferous substack](#).)

Serves 4

For the beets:

10 ounces beets, cut into ½-inch pieces
1 teaspoon minced fresh rosemary
½ teaspoon fennel seeds, coarsely ground
¼ teaspoon red pepper flakes
¼ teaspoon salt
⅛ teaspoon garlic powder
2 teaspoons olive oil

For the greens:

2 bunches beet greens or other hardy greens (like kale), stems and tough ribs removed
2 tablespoons olive oil
4 garlic cloves, sliced
¼ teaspoon red pepper flakes
¼ teaspoon salt
¼ cup toasted pine nuts

[Polenta](#), for serving

Preheat the oven to 400°F.

To make the beets: In a large bowl, toss the beets with rosemary, fennel, red pepper flakes, salt, garlic powder, and olive oil.

Arrange on a rimmed baking sheet and cook until tender and browned at the edges, about 15 to 30 minutes depending on your beets' age, size, and toughness.

To make the greens, boil a pot of salted water and blanch the greens for 3 minutes. Pour the cooked greens into a colander and spray with cold water until cool to the touch. Ball up the wilted greens in your fist and squeeze the water out one handful at a time. Roughly chop the blanched greens.

Set a large skillet over low heat and add the olive oil, garlic, red pepper flakes and salt. Cook until the garlic turns soft and golden, about 5 minutes. Add the blanched greens, and continue to cook, stirring, until the greens are coated with the spicy, garlicky oil and hot again, about 3 minutes.

Stir in the roasted beets and most of the pine nuts (leaving a few to garnish). Spoon the beets and greens on top of polenta, and serve.