

# Wilted Kale Salad with Quick Pickled Beets and Goat Cheese

**2 T extra virgin olive oil**

**1 bunch fresh kale, stems removed and leaves chopped**

**Pinch of sea salt**

**1/2 cup pickled beets\***

**1/4 cup crumbled goat cheese**

In large sauté pan, heat olive oil on medium high heat. Add kale leaves and pinch of sea salt. Cook and stir leaves for about 3 minutes until kale turns brighter green and is slightly wilted. Remove from heat and transfer to serving plate. Top with pickled beets and crumbled goat cheese to serve.

## **\*Quick Pickled Beets**

**1 cup water**

**1 cup rice vinegar**

**1/2 cup cane sugar**

**2 tablespoons pickling spice**

**1 cloth spice bag**

**3 fresh beets, peeled and cut into 1 inch matchsticks**

In large saucepan, combine water, rice vinegar, sugar and pickling spices and bring to a boil. Remove from heat then add fresh cut beets for 5-10 minutes. Strain and add beets to favorite fresh dish.

*Recipe by Garden Chef Megan McCarthy*



ATLANTA BOTANICAL GARDEN