



Basic Sauteed Greens

Prep time: 3 minutes

Total time: 10 minutes

Yield: 4 servings

Ingredients:

1 tablespoon avocado oil or refined olive oil

1 red onion (or yellow onion), thinly sliced

1 bunch Swiss chard (or other greens like kale, spinach, collard greens, etc.), de-stemmed and chopped with stems and leaves chopped separately

¼ teaspoon sea salt

Directions:

1. Heat oil in an 8 to 10" skillet over medium heat.
2. Thinly slice red onion and add to skillet. Add a pinch of sea salt.
3. Saute for a few minutes or until tender. Add Swiss chard stems (if using) and saute for 1 minute.
4. Add chopped leaves and saute until wilted.
5. Serve hot and enjoy.

Notes:

- This is a simple way to cook just about any leafy green. The cooking time will depend on how sturdy the greens leaves are. Spinach will only take 1-2 minutes to saute whereas kale may take 4-5 minutes.
- You can use this recipe as a simple side or base for a number of dishes.
- This recipe is also the foundation for the veggie frittata with greens and goat cheese.

| Nutrition Facts | | Amount | % Daily Value* | Amount | % Daily Value* |
|------------------------|------|------------------------|-----------------------|-------------------------------|-----------------------|
| Amount per | 85 g | Total Fat 3.6g | 6% | Total Carbohydrates 5g | 2% |
| 1 serving (3 oz) | | Saturated 0.4g | 2% | Dietary Fiber 1g | 5% |
| Calories 52 | | Trans Fat 0g | | Sugars 2g | |
| From fat 32 | | Cholesterol 0mg | 0% | Protein 1g | 3% |
| | | Sodium 194mg | 8% | | |
| | | Calcium 3% | Iron 6% | Vitamin A 66% | Vitamin C 30% |

HappyForks.com

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.