

# Leafy Greens Four Ways

Spring 2016

## Easy Leafy Green Saute

**Prep time:** 5 minutes

**Total time:** 10 to 15 minutes

**Yield:** 4 servings

### Ingredients:

2 tablespoons olive oil

1 medium onion (yellow or red), chopped

2 cloves garlic, minced

1 bunch collard greens (or any leafy green of choice)

½ teaspoon sea salt



### Directions:

1. Chop the onion and mince the garlic. In a large heavy skillet or medium saucepan over medium heat, add oil. Add onion and saute until soft, about 3 minutes. Add garlic and saute for 1 more minute.
2. While onion and garlic are cooking, wash collard greens and shake off excess water. Remove leaves from stalks and discard stalks. Place leaves in a stack on cutting board and roll leaves lengthwise like a jelly roll. Cut across rolled leaves ¼ to 1 inch apart to make strips. Cut cross-wise if desired to make strips shorter. (This technique for cutting greens is called chiffonade.)
3. Add cut collard greens to pan and stir to combine. Add salt and saute until greens are wilted, tender, and bright green in color. Remove pan from heat and serve hot.

### Notes:

- The smaller you cut the strips of leafy greens, the faster they will cook.
- This recipe can be adapted for all types of greens like Swiss chard, spinach, kale, cabbage, beet greens, turnip greens, mustard greens, broccoli rabe, escarole and others. The only thing that will change is the cooking time of the greens.

### Nutrition Information:

*Recipe serves 4. Per serving: 90 calories, 7g total fat, 1g saturated fat, 0mg cholesterol, 245mg sodium, 46mg potassium, 6g total carbohydrates, 3g fiber, 2g protein, 38% DV Vitamin A, 32% Vitamin C, 7% DV calcium, 1% iron.*

