



## QUICK SAUTÉED GREENS

*Follow this very basic procedure for sautéing any green vegetable. Some choices are: spinach, bok choy, swiss chard, broccoli rabe, kale, collard greens, mustard greens, broccoli, broccolini, ...the list goes on and on. It makes an excellent and very quick side dish to any main course. Squeeze the lemon juice on just before serving to retain the vegetables' brightest green color.*

### **Medicinal Benefits of this recipe...**

All of the greens mentioned are very high in their antioxidant properties, thus this recipe may be supportive for the immune system. This recipe is very high in fiber (~8-18 grams/1 cup), which is beneficial for those with constipation. This recipe is also an excellent source of calcium!

### ***Ingredients***

2-3 tablespoons extra virgin olive oil  
1 clove garlic, either minced or very finely sliced  
a few flakes of crushed red pepper (optional)  
1 bunch of your favorite greens, well rinsed and if large, roughly chopped into 2-inch pieces  
sea salt  
juice of ½-1 whole lemon AND/OR 1 teaspoon fresh ginger juice\*

### ***Procedure***

*For tough, thick-stemmed or bitter greens, such as kale, collard greens, mustard greens, broccoli rabe, broccoli, or broccolini, begin from step 1. For more tender greens, such as spinach, bok choy and swiss chard, begin with step 2.*

1. Bring a large pot of water to a rapid boil. Plunge the greens in boiling water for 1 minute. Then take out and let drain.
2. Heat a medium to large-sized skillet over high flame. Add olive oil and heat for 30 seconds.
3. Add garlic and pepper flakes, and let heat for another 30 seconds. It should just start to smell fragrant, but the garlic shouldn't brown.
4. Add greens and a generous pinch of salt and sauté.
5. If greens begin to look dry or stick to the pan as they cook, add a tablespoon or two of water. They will cook in between three to eight minutes, depending on the type.

Spinach requires only three minutes, whereas kale will need up to eight. Greens should be tender, but still have some bite.  
Turn off heat, add lemon juice and/or ginger juice, adjust seasonings and serve hot.

\*Make ginger juice easily by grating a piece of ginger root (skin on) with a grater and squeezing the pulp with your fingers to extract the juice.