

Recipe - Greens

Ingredients:

- Olive oil or unrefined coconut oil
- One bunch per two people, greens (chard, kale, collards, beet, etc.)
- One large clove garlic per person, crushed
- Salt, if permitted

Directions:

Wash the greens and remove any tough stems.

“Cigar roll” the greens so you can quickly slice them into very thin ribbons. Greens taste best and retain more of their nutrients if you cook them quickly and briefly and serve them bright emerald green.

Heat the oil and add the garlic and greens and flash fry them, just two or three minutes. Add a very small amount of water to steam them for the last minute or two if they are older or cut into larger tougher pieces.