



Recipes

Vegetables

Leafy Greens with Flax

Prep and Cook Time: 15 minutes

Yield: 2-4 servings

Ingredients:

- 2 bunches rainbow chard or kale, or any combination of greens
- 2 tablespoons extra virgin olive oil
- 2 tablespoons freshly ground flaxseed

Directions:

1. Remove stems from greens and finely chop. Set aside. Coarsely chop the leaves and set aside.
2. Heat oil and in a cast iron skillet over medium flame. Add chopped stems and sauté for two to three minutes. Turn off heat and cover.
3. Before serving, turn the flame to medium, and add leaves, stirring for one to two minutes. Sprinkle with ground flaxseed.
4. Enjoy!!