



# Recipes

## Vegetables

### Boiled Dark Leafy Greens

*Prep and Cook Time: 15 minutes*

*Yield: 2 servings*

#### **Ingredients:**

- 1lb. Swiss chard, Kale, Mustard Greens, Dandelion Greens or a combination of them all, chopped
- 1 medium clove chopped garlic
- 1 teaspoon fresh lemon juice
- 3 tablespoons extra virgin olive oil
- salt and black pepper to taste

Optional items to add to cooked greens:

- 6 kalamata olives
- 1/2 cup feta cheese
- 1 teaspoon gluten free tamari sauce
- 1 tablespoon grated ginger

#### **Directions:**

1. Chop garlic.
2. Use a large pot (3 quart) with lots of water. Make sure water is at a rapid boil before adding greens.
3. Cut off tough, bottom part of stems.
4. Add the chopped leaves to the boiling water. Do not cover. Cook for 3 minutes; begin timing as soon as you drop the greens into the boiling water.
5. Place in colander and press out excess water.
6. Transfer to serving dish and toss with rest of ingredients while it is still hot. Drizzle olive oil on top.
7. Using a knife and fork, cut greens into small pieces to mix the flavors.