

Sautéed Greens

1 bunch collards, kale, or chard
2 teaspoons extra-virgin olive oil
1 large onion, sliced
2 or more cloves garlic, minced
Soy sauce or sea salt (optional)

Wash greens carefully and slice into ¼- inch strips. If you choose to eat the stem, slice down the middle of the leaf along the stalks and then thinly slice the stem. Very tough stems can be discarded.

Heat oil in large skillet. Add onions, garlic, and stems. Sauté for several minutes until onions are translucent. Add the greens and a teaspoon or so of water. Cover the skillet and stir greens occasionally. When the greens have turned bright green and have begun to wilt (and are tender enough to chew), season with a few shakes of soy sauce or a pinch of sea salt. Serve.

Vary this recipe by adding either sliced carrots or mushrooms. Sauté them with the onions and garlic. Feel free to use more or less onion or garlic, according to your tastes.

Serves 4 or more. *Per serving: 55 calories, 2.5 grams fat, 8 grams carbohydrate, 12 mg sodium, 0 mg cholesterol, 1.6 grams fiber.*

One of the keys to becoming a greens lover is selecting tender young greens whenever they are available. The second key is knowing how to prepare them. Many years ago I served greens at a cooking demo. The participants were amazed how tasty these greens were, especially without being prepared in the traditional southern way. Dark leafy green vegetables are an incredible source of a vast array of nutrients, including calcium, magnesium, folic acid, and iron. Make them abundant in your diet—for your health!

Your partners in health,
Candace and Lesley