

SIMPLE SAUTEED GREENS



3 Tbsp
olive or
avocado
oil



1/4 cup
chopped garlic
(cloves, green
garlic, garlic
scapes)

1 cup chopped
onions (yellow
onion, red
onion, torpedo
onions,
scallions, etc.)



6 cups greens, roughly chopped (kale,
swiss chard, dandelion greens, turnip
greens, beet greens, radish greens,
escarole, spinach, etc.)



1/2 tsp salt,
1/4 tsp black
pepper



DIRECTIONS:

1. Heat oil in large skillet.
2. Add onion and garlic. Cook about 2 minutes on medium low heat.
3. Add chopped greens. Stir well. Cook 6-7 minutes, stirring frequently.
4. Season with salt and pepper. Toss to mix well.
5. Serve immediately.