Quick Sautéed Greens

Ingredients:

1. 1 tablespoon olive or canola oil
2. 3-4 cloves garlic, minced
3. 1 bunch of scallions or 2 medium yellow or red onions, chopped
4. 2 pounds (about 4 cups) fresh collard greens, kale, turnip greens, and mustard greens washed, stems removed and cut into shreds
5. 2 tablespoons water
6. ¼ teaspoon salt, if desired
7. Dash of crushed red pepper or hot sauce, optional

Directions:

1. Heat oil in large skillet over medium heat until hot.
2. Add garlic and scallions or onions and cook until slightly wilted (about 1-2 minutes).
3. Add the greens, seasonings and water. Stir the ingredients well.
4. Cover the pan, and cook the greens over low heat for 8 to 10 minutes. (You may want to cook collard greens an additional 2-3 minutes). Stir occasionally.

Yields about 8 servings

Source: Cornell University Cooperative Extension in New York City

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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