EASY SAUTÉED GREENS

INGREDIENTS

- 1 handful of rainbow chard
- 1 handful of purple kale
- 1 handful of curly kale
- 1 handful of collard greens
(any of these greens can be substituted with a leafy green of your choice, my recommendation is to pick whatever is in season!)
- 3 cloves of garlic peeled and minced
- 1-2 tbsp of olive oil or butter
- Salt and pepper to taste
- 2-3 tbsp of red wine vinegar (or vinegar of your choice)

PREP TIME: 5 MINS
COOK TIME: 10 MINS
TOTAL TIME: 15 MINS

DIRECTIONS

1. Thinly chop all greens and remove any thick stems. Smash, peel and mince the three cloves of garlic.

2. Add oil and garlic to a frying pan on med-high heat. Let garlic get aromatic in the pan.

3. Add all chopped greens into the pan and wait for them to cook. Pour red wine vinegar over the cooking greens.

4. Cook until greens have reduced in size and are starting to brown.

Want Help? Watch a Video!

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.