### 6 Ways to Sauté Dark Leafy Greens: Ingredients

<table>
<thead>
<tr>
<th>Flavors</th>
<th>Latin</th>
<th>Sweet &amp; Sour</th>
<th>Indian</th>
<th>Mediterranean</th>
<th>Coconut Ginger Lime</th>
<th>Filipino Adobo</th>
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</thead>
<tbody>
<tr>
<td><strong>Greens</strong></td>
<td>1 bunch kale</td>
<td>½ bunch kale</td>
<td>1 bunch chard</td>
<td>1 bunch kale</td>
<td>1 bunch kale</td>
<td>1 bunch chard</td>
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<tr>
<td><strong>Finishing Sauce</strong></td>
<td>1½ tsp lime juice</td>
<td>1 TBSP tamari or soy sauce</td>
<td>½ cup coconut milk</td>
<td>2 tsp lemon juice</td>
<td>½ cup coconut milk</td>
<td>¼ tsp ground black pepper</td>
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<tr>
<td><strong>Aromatics</strong></td>
<td>1 red onion, sliced</td>
<td>1 TBSP lime juice</td>
<td>2 tsp lemon zest</td>
<td>1½ tsp ground nutmeg*</td>
<td>½ tsp lime juice</td>
<td>1 TBSP rice wine vinegar</td>
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<tr>
<td><strong>Spices</strong></td>
<td>½ tsp cumin seeds or ground</td>
<td>2 tsp curry powder</td>
<td>pinch red pepper flakes</td>
<td>1 TBSP fresh ginger, grated</td>
<td>kalamata olives</td>
<td>1½ TBSP tamari or soy sauce</td>
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<tr>
<td><strong>Sea Salt</strong></td>
<td>¹/₄ tsp sea salt</td>
<td>¼ tsp sea salt</td>
<td>½ tsp black pepper</td>
<td>¹/₄ tsp black pepper</td>
<td>Thai basil leaves</td>
<td>spritz of kalamansi or lime</td>
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<tr>
<td><strong>Garnishes</strong></td>
<td>toasted pumpkin seeds</td>
<td>toasted sesame seeds</td>
<td>chopped peanuts</td>
<td>crumbled feta cheese*</td>
<td>chopped fresh mint</td>
<td>sliced scallions</td>
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**tsp = teaspoon • TBSP = tablespoon • maple syrup = real grade A dark • * = optional**

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How to Sauté Greens

1. Wash and prep your **greens**. See note.
2. Combine the **sauce** ingredients and set aside.
3. Heat your frying pan over medium-high heat for a minute or two.
4. Add the **oil** and if it’s shimmering, then add the **aromatics**, such as onions. Sauté for at least two minutes before adding the garlic, ginger and other **spices**. Sauté for another minute.
5. Add the **greens** and the **salt**. Sauté until they wilt/ soften and their color begins to darken (2 to 4 minutes).
6. Add **sauce** or coconut milk, if using, and cook for another 2 to 4 minutes until greens are tender. Remove from heat and stir in citrus.
7. Taste; you may want to add another spritz of lemon juice or pinch of salt.
8. Top with **garnishes** and serve warm.

**COOK’S NOTES:**

- As soon as you bring a big bunch of greens home from the store, prep them - wash, then remove the thick stem by tearing or cutting it away. Then rip or chop the greens into bite size pieces and store in a zip-top baggie with a paper towel until you’re ready to use. They will last this way for 3-5 days. You’re more likely to use them if they are ready to go.
- If your greens have are a little limp, soak them in bowl of cool water before de-stemming.
- Use whatever greens you have on hand and try them with a different flavor print.
- Cover greens that take longer to cook, such as mustard greens or collard greens.
- Reduce waste and use the chard stems. Sauté them for a few minutes before adding the greens.
- Recommended oil, but use what you have.
- **Taste and Balance.** Taste the cooked greens before serving them. Greens can be bitter, but that bitterness can be counterbalanced with something bright and acidic like a spritz of lemon juice or small splash of vinegar. Taste again. Do you need another pinch of salt to really bring out the flavor?
- **Sweet.** To fine tune that balance, a little sweet can help, such as a few drops of grade A dark maple syrup (yes, as few as 3 or 4 drops will make a difference) or a garnish of chopped dates or raisins.
- **Crunch.** Wilted greens lose some texture as they reduce down, so adding toasted nuts or seeds before serving can bring that much needed and satisfying crunchy texture.