

6 Ways to Sauté Dark Leafy Greens: Ingredients

Flavors	Latin	Sweet & Sour	Indian	Mediterranean	Coconut Ginger Lime	Filipino Adobo
Greens	1 bunch kale	½ bunch kale 2 cups shredded cabbage	1 bunch chard	1 bunch kale	1 bunch kale	1 bunch chard
Finishing Sauce	1½ tsp lime juice 1½ tsp lemon juice 1 tsp lemon zest ½ tsp maple syrup or honey	1 TBSP tamari or soy sauce 1 TBSP lime juice 1 tsp ginger, grated 1 TBSP maple syrup or honey 1 tsp toasted sesame oil*	½ cup coconut milk	2 tsp lemon juice 2 tsp lemon zest ⅛ tsp ground nutmeg* 1 to 2 TBSP currants or raisins	½ cup coconut milk ½ tsp lime juice	¼ tsp ground black pepper 1 TBSP rice wine vinegar 1½ TBSP tamari or soy sauce
Oil	2 TBSP olive oil	2 TBSP olive oil	2 TBSP ghee or coconut oil	2 TBSP olive oil	2 TBSP olive oil or coconut oil	2 TBSP olive oil or neutral oil
Aromatics	1 red onion, sliced 3 garlic cloves, minced			2 garlic cloves, minced	2 garlic cloves, minced	2 garlic cloves, minced
Spices	¼ tsp cumin seeds or ground Pinch of cayenne		2 tsp curry powder 1 tsp fresh ginger, grated ⅛ tsp black pepper	pinch red pepper flakes	1 TBSP fresh ginger, grated	
Sea Salt	¼ tsp sea salt		¼ tsp sea salt	¼ tsp sea salt	¼ tsp sea salt	
Garnishes	toasted pumpkin seeds	toasted sesame seeds	toasted cashews raisins*	kalamata olives crumbled feta cheese* chopped fresh mint	Thai basil leaves chopped peanuts	spritz of kalamansi or lime sliced scallions

tsp = teaspoon • TBSP = tablespoon • maple syrup = real grade A dark • * = optional

www.rebeccakatz.com © 2019 Healing Kitchens LLC

6 Ways to Sauté Dark Leafy Greens: Directions

Dark leafy greens, such as Swiss chard, kale, beet greens, mustard greens or collards are simple and quick to cook. But, the only way you'll eat them regularly is if they are delicious. Look how you can swap a few ingredients and change the flavor print. The technique is the same every time! As you make sautéed greens more often, you'll fine tune them just as you like and gain confidence to play with more flavor combinations. You will want to eat them everyday.

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.

Total Cooking Time: Minutes

