

SAUTEED FRESH GREENS

Ingredients

2 tbsp vegetable oil
1 lb. fresh greens*
2 tsp. fresh lemon juice
1/3 c. chopped onion
1/4 tsp salt & black pepper

Directions

Wash greens thoroughly.
Trim off coarse stems.
Add onion and sauté until limp.
Coarsely chop greens and add to pan.
Cook 6- 8 minutes, or until tender.
Add salt, black pepper, and lemon juice. Toss lightly.

Sautéing greens is fast and easy, The greens offer great nutrition and can served alone or incorporated into other dishes.

Greens to use: turnip, mustard, kale, spinach, beet, collard, or your favorite

Other variations: cook with bacon, chili oil, add sugar, use flavored oils, substitute garlic or shallots for onion.

Also great in soups