

SAUTEED GREENS

Choose any or all of the following greens for your sauté. They are listed in the approximate order for the time necessary to cook – fastest are listed last; slowest are listed first.

Mustard, collard or turnip greens

Kale

Swiss Chard

Dandelion

Curly Endive

Arugula

Spinach

1. Chop the greens, or snip them with a kitchen scissors. (You may prefer to remove the stems, or to sauté them separately. If you use the stems, they take a little longer than the leafy part of the parent greens.)
2. Heat coconut oil (at least 1 tablespoon for every 4 cups chopped raw greens) in a large sauté pan or skillet.
3. Sauté the greens. If using the tougher greens, you may put a lid on the pan and reduce the heat to shorten the cooking time.
4. Optional, but highly recommended additions: chopped/sliced onions, chopped green onion, chopped garlic, chopped ginger root.
5. Seasonings: salt, black pepper, red pepper/cayenne, turmeric.