

Basic Sautéed Greens

Ingredients:

1 T. vegetable oil

2 cloves garlic, minced

1 large bunch greens, rinsed and chopped (Remove and discard tough stems. Thick edible stems of chard, pac choi, and yakima savoy can be included: separate and chop fine)

½ T. minced fresh ginger root

Tamari

Method:

In large skillet, sauté garlic and ginger over medium heat. Add stems if using. Stir in greens, reduce heat and cover. Cook 4-8 minutes, stirring occasionally. (Sturdier greens will take longer.) Add a tablespoon or so of water, if needed. Season with tamari and serve warm or at room temperature.

Yield: 2-4 servings