

Seasonal Greens Medley

This recipe tastes great with whatever greens are currently in season, kale, spinach, arugula, collards or even micro-greens! Serves 8.

INGREDIENTS

1 Tbsp. Olive Oil
3 cloves Garlic, minced
1 Onion, large, coarsely chopped
12 cups Greens, washed
(about 2 bunches)
1/4 cup Broth, low-sodium, veggie
15 oz. (1 can) Black beans, drained & rinsed
1 cup Asiago cheese, shredded

Season to taste

*Suggested Seasonings: curry, cumin,
rosemary, thyme, white vinegar,
salt, pepper*

DIRECTIONS

1. Sauté olive oil and garlic on moderate high heat for 1 -2 minutes in large sauté pan.
2. Turn heat down to moderate and stir frequently until onions are caramelized—about 7-10 minutes.
3. While onions are cooking, chop greens into bite-size pieces. **Tender greens like spinach will need less time to cook than hardier greens like collards so keep them in separate piles so you can cook them in progression.*
4. Remove onions and garlic from pan and place them in a casserole dish.



Developed by: Ovis Hill Farms, Kitty Finklea, RD, AFAA-CPT, Anita Longan, MS, RDN/LD, CDE, BC-ADM & United Way

DIRECTIONS, cont.

6. Add 4 Tbsp. broth to sauté pan and first group of greens. Sauté until greens are slightly wilted. Remove greens and add to casserole dish. Continue sautéing each group of greens in turn, adding remaining broth as necessary to keep greens from sticking to pan. Remove each group of greens to casserole dish when cooked. **Sauté most tender greens first and then hardier greens.*
7. Add black beans, cheese and desired seasoning to casserole dish. Mix well.
8. Heat casserole dish in microwave for 1 minute or until cheese melts and dish is heated through. Serve immediately.

Per serving: 169 cal., 11.5g carb., 10.6g protein, 9.9g fat, 1066mg sodium, 2.6g fiber, .5g sugar

VARIATIONS

Farm-fresh: Substitute green garlic and baby onion if in season. Substitute any seasonal bean or pea.

Low-Sodium: Substitute Swiss cheese.

Non-vegetarian: Substitute chicken broth. Add bite-size pieces of beef, pork or chicken.

Get healthy with www.BurnandLearnFlorence.com