



Presents



Sauteed Greens and Carrots

Presented on May 24, 2014 by Robin Maille

Ingredients:

- 8 cups roughly chopped greens, washed (try kale, bok choy, collard, mustard)
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut julienne or coarsely shredded
- 1 clove garlic, minced
- 1 teaspoon ground coriander (optional)
- salt and pepper to taste
- 1 pinch cayenne pepper, if desired
- 1 tablespoon vinegar
- 1 1/2 teaspoons tamari (or soy sauce)

Directions:

Wash greens and remove tough stems. Kale: remove large stem running through center of each leaf. Bok Choy: do not remove stem. Rough chop or cut leaves into thin strips.

Heat oil in large skillet. Add carrots and sauté 2 minutes. Add garlic and sauté 1 minute. Add greens, coriander, salt, pepper, and cayenne – stir often to keep the greens moving.

When greens have turned bright green and begun to wilt, remove from heat.

Sprinkle vinegar and tamari over the top. Toss gently and serve.

Refrigerate leftovers within 2 hours.

Serves 4.

Nutritional Content Per Serving:

Calories-132cal, Carbs - 13g, Fat - 7g, Protein - 6g, Sodium - 870mg, Sugar - 6g