

SIMPLE BRAISED GREENS WITH GARLIC

from care2.com

(serves 4)

Ingredients

1-2 Tbsp **olive oil**

2 bunches **fresh summer greens***,
about 8 cups

1-2 cloves **garlic**, chopped

1 Tbsp **ingredient**

1/8 cup **water** or **vegetable broth**
salt to taste

Optional flavorings:

Sesame oil

ume plum vinegar

tamari

Optional toppings:

sesame seeds

chopped almonds *or* walnuts

toasted pumpkin seeds

Preparation

1. Heat oil in a large skillet over medium-high heat and add greens and garlic, stirring to coat with oil. Stir occasionally until greens are barely wilted, just a few minutes.
2. Add vegetable broth or water and stir, allowing greens to steam until barely tender. Salt to taste.
3. Add flavorings and toppings as desired and serve.

* This could include a mixture of Asian greens, or mustard, collards, turnip greens, beet greens, kale – any toothy substantial green will do.