



braised greens

takes
30-45
minutes

ingredients

- 2 tablespoons olive oil
- ½ cup minced celery
- ½ cup minced carrot
- 1 cup minced onion, any type
- 1 clove garlic, mashed
- 4 sprigs fresh thyme
- 3 cups greens (i.e. swiss chard, kale, turnip, mustard), roughly chopped
- ⅓ cup water or broth
- Salt and freshly ground black pepper
- ½ teaspoon red pepper flakes

directions

Heat a deep skillet or shallow saucepan over medium heat. Add oil.

Add celery, carrot and onion and cook until vegetables barely begin to brown, about 25 minutes.

Add garlic and thyme and cook 2 more minutes.

Add water or broth and cover and simmer until greens are tender or al dente, about 8-10 minutes.

Season with salt and pepper.

nutrition facts

Serving Size 98g			
Amount Per Serving			
Calories	87	Calories from Fat	52
			% Daily Value*
Total Fat	5.8g		9%
Saturated Fat	0.8g		4%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	45.8mg		2%
Total Carbohydrate	8.3g		3%
Dietary Fiber	2.0g		8%
Sugars	2.4g		
Protein	2.1g		
Vitamin A	128%	Calcium	8%
Vitamin C	94%	Iron	8%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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