

Kenny's simple sauteed greens

Ingredients:

2 - 4 large handfuls fresh or frozen collard greens, kale or Swiss chard or any combination of those.

3 - 4 tbsp. high quality extra-virgin olive oil.

1/2 large sweet onion or any other allium (leek, scallion, chives etc.), chopped.

Salt, ground black pepper, greens seasoning.

3/4 cup water, a little less for frozen greens.

I cook my greens in an 8 qt. stainless steel pot like this one. It can hold fresh or frozen greens better than a shallow pan until the greens have been cooked down.



Instructions:

1. Heat olive oil in the bottom of a pot, Dutch oven or sauté pan.
2. Add the onion and greens.
3. Add the water, season to taste, and cook on medium heat, occasionally stirring, until the greens have cooked down, approximately 20 –25 minutes.
5. Serve this tasty nutritious side dish immediately. Can stay in refrigerator bag or container for up to a week.