

Cooking with Greens



Add **Color**



¡Cocine con vegetales!

How do you cook with greens?



- Trim bottoms, wash, and shake!
Remove very thick stems.
- Cut leaves into thin pieces.
- Washed greens have enough water left on the leaves for an easy sauté.

Added Color!

Add Flavor!

Add Nutrition!

- Sauté greens with other vegetables!
- Add pasta, canned beans or potatoes
- Add meat that is cooked - brown first!
- Add cheese before serving
- Frittata with scrambled eggs!
- Serve on top of rice or grains
- Top your favorite sandwich



How do I cook greens quickly?

Prepare greens! Trim stems and remove very thick stems. Wash greens and cut into thin shreds. **Chop onions.**

Heat oil in a large skillet over medium heat until hot. Do not burn the oil!

Add garlic and **onions** and cook until wilted or about 1-2 minutes.

Add greens and **seasonings** and stir ingredients well.

Cover the pan and cook the greens over low heat for 8—10 minutes.

Stir occasionally and don't overcook!

Vegetables

2 onions, chopped

4 cups of your favorite greens

Combine Greens!

Mix kale with swiss chard.

Experiment!

Add any type of vegetables —just cut thin or grate!

Flavorings

1 –2 tablespoons olive oil

3 cloves garlic, minced

Try adding:

1 jalapeño pepper diced or dried crushed red peppers

1/2 teaspoon of your favorite



Inexpensive

Versatile

Delicious