

Braised Greens (GF, CF)

This is an easy way to cook kale, Swiss chard or any other green.

Simply heat olive oil in a large pan. Add finely chopped garlic (1-2 cloves)

Once oil is hot add cleaned and shredded greens. Stir frequently.

Once most of greens are seared, add 1 T of Apple Cider Vinegar or Tamari (Wheat free) and stir well. Cover and cook on low for a few more minutes.