

Sautéed Greens Medley

Ingredients:

Greens like chard, kale and collard greens

Oil

Salt

Pepper

Other seasonings if desired

To prepare the greens: Zip the leafy parts off of the stem and cut leaves into strips. Discard the stems (chard stems can be cooked!).

Rinse the leaves well (our produce comes straight from the earth to your hands and may have some dirt still clinging to it!).

Heat some oil in a pan, add greens, and season with salt and pepper (and other seasonings if desired). Cook the greens for a few minutes until tender.