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Ingredients

- Your choice or combination of green leafy vegetables—kale, chard, bok choi, beet greens, dandelion, and spinach ripped or cut into bite-size pieces
- Dollop of butter or coconut oil (optional)
- 1 medium onion, sliced
- 2-3 cloves of garlic, thinly sliced
- Grated ginger (optional)
- Sea salt and pepper to taste

Instructions

1. In a sauté pan, melt 1 Tbsp (15 mL) of butter or coconut oil. Sauté onion and garlic (and ginger, if desired) on medium heat until almost cooked.
2. Add enough water to cover the bottom of the skillet and the greens of your choice. Cover with a lid, stirring occasionally until cooked.

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3. Serve warm, seasoned to taste.

Makes 4 servings.

Option: Use water and 2 Tbsp (30 mL) of tamari sauce when you sauté your vegetable of choice.

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