

Swiss Chard Mustard Greens

Bratwurst Sub

SHOPPING LIST:

Bratwurst (~1 link per person) Bacon (~1 slice per person...or more...) Sub Roll(s) Garlic Olive Oil



RECIPE:

Step 1: Prep Ingredients

Use a gluten-free bread of your choice!

Roughly chop the mustard greens and Swiss chard. Mince or grate garlic. Slice sub roll in half--keep 1 side intact if you wish (this can be difficult depending on the type of bread). **Step 2:** Cook Meat

Cook bacon in a large pan over medium heat. Remove bacon onto a paper-towel lined plate and cook the bratwurst in the bacon fat. Remove bratwurst to the plate with bacon. **Step 3:** Cook Veggies

Without cleaning the pan, add the minced garlic and cook until fragrant, ~30 sec. Immediately add the leafy greens to the pan and cook until wilted.

Step 4: Optional: Toast Sub Roll

Remove greens from pan and add a bit of olive oil if it seems dry. Place sub rolls cut side down in pan and cook until golden.

Step 5: Plate and serve!

Place bratwurst and bacon on top of the sub roll, and top with the mustard greens and Swiss chard.



Helpful Tips:

Mustard greens taste best if you soak them in water for a few minutes before cooking, changing the water at least once-more if they still seem gritty.

renewal.jaime@gmail.com