

Greens

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
greens	any	
olive oil		
garlic salt		
ground black pepper		

- Rinse your greens and remove any tough stems.
- In a frying pan or a large stock pot, depending upon how many greens you are cooking, heat up enough olive oil to cover the bottom of the pan.
- A colander full of fresh greens will cook down to a handful.
- Toss in the greens, add the spices, and continue tossing over medium heat for 5 to 10 minutes, depending upon the texture of the greens.

NOTE: This works with rappini, kale, collards, spinach, string beans, you name it.



Veggie