

Sautéed Greens with Garlic & Herbs

The greens used in this recipe are spinach and kale, but you could substitute other dark, leafy greens, such as mustard greens or collard greens. Note: If you use a pungent green (like mustard or turnip), only use about 8 cups (to 12 cups of a milder green). Try this side dish with a baked or grilled light Italian dressing-marinated chicken breast and roasted sweet potatoes for a delicious and nutritious complete meal!

Ingredients:

- 2 teaspoons olive oil
- 3 garlic cloves, slivered
- 8 cups (loosely packed) torn kale
- 12 cups (loosely packed) torn spinach leaves
- 2 teaspoons sugar
- 1 teaspoon marjoram
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 teaspoons fresh lemon juice

1. In a very large nonstick skillet or Dutch oven, heat oil over low heat. Add garlic and cook until soft, about 3 minutes.

2. Increase heat to medium and add kale. Cover and cook, stirring occasionally, until kale has softened, about 4 minutes.

3. Stir in spinach, sprinkle with sugar, marjoram, salt, and cayenne, and cook, uncovered, until spinach has wilted, about 3 minutes longer. Sprinkle with lemon juice and serve.

Nutrition Facts:

Yield 4 servings

Per serving:

Calories: 119

Total fat: 3.5g

Saturated fat: 0.5g

Monounsaturated fat: 1.7g

Polyunsaturated fat: 0.8g

Protein: 7g

Carbohydrate: 20g

Dietary fiber: 5.2g

Cholesterol: 0mg

Sodium: 275mg

This recipe is a **good source** of the following nutrients, which are important for good health and disease prevention! Beta-carotene, folate, indoles, iron, lutein & zeaxanthin, magnesium, manganese, potassium, quercetin, vitamin B6, vitamin C, vitamin K. Try kale in other recipes and meals such as: soups and stews (canned or homemade), pasta sauces, lasagna, stir-fries, and omelets.

Recipe courtesy of: www.wholehealthmd.com