Greenmarket Recipe Series

Sautéed Wintered Over Greens

This recipe is a great use of the particularly sweet 'winter' greens you find in the market in the early spring. This sweetness comes from the plants being exposed to frost causing them to produce more sugar as a mechanism for storing 'energy.'

Serves 4

Ingredients:

*1 lb. of chopped kale/collards/spinach (any mix is fine)
*4 T. butter
* 2 sweet onions (cippolini or shallots)
* ¼ lb. of mushrooms (any variety will work)
*4 garlic cloves, finely chopped
Coarse sea salt
Freshly milled black pepper
3 T. water

Dash of vinegar – optional (balsamic or red wine)
* Chopped fresh herbs – optional (thyme, rosemary, oregano)

**** Ingredients available seasonally at your neighborhood Greenmarket***

Instructions:

Melt butter in a sauté pan on medium heat. Add onions and stir until translucent. Add mushrooms, garlic (and herbs) and sauté until tender. Add chopped greens and water. Cover the pan with a lid and steam for about 1-3 minutes, or until greens turn bright in color. Add salt, pepper (and vinegar) to taste.

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