

Garlicky Greens

Recipe adapted from *Sustenance* by Patricia Brown.

Provided by the Auburn Interfaith Food Closet

SERVES: 3-4

PREP TIME: 5 minutes

COOK TIME: 10 minutes



INGREDIENTS

- 1 bunch kale or chard (8 oz.), washed and chopped
- 2-3 cloves garlic, peeled and thinly sliced
- 2 tablespoons vegetable oil
- 2 tablespoons water
- 2 tablespoons lemon juice (optional)

Optional toppings: chopped apples; sliced hard-boiled eggs; pecans; walnuts

DIRECTIONS

1. Heat the oil in a large frying pan on medium heat. Add garlic and sauté for about 2 minutes, until fragrant.
2. Stir in kale or chard, and add water to the pan. Cover and steam for 3-5 minutes, stirring occasionally. If greens are sticking to the pan, add extra water, one tablespoon at a time.
3. When greens are wilted, turn off the heat, add lemon juice, and optional toppings. Serve hot.



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