

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Greens with Garlic and Ginger



1 1/2 pounds turnip greens, mustard greens, kale, or collard greens, roughly chopped

2 Tbls light sesame oil, or 1 Tbls canola oil and 1 Tbls light sesame oil

3 garlic cloves, minced

1 Tbls minced peeled fresh ginger

1/8 teas red pepper flakes (optional)

1/4 cup water

1 Tbls tamari

2 teas maple syrup

Toasted sesame seeds* for garnish

1. Wash the greens very well (they tend to be sandy). If using kale or collard greens, steam them for 5 minutes prior to sautéing.
2. Heat the oil in a large skillet. Add the garlic, ginger, and red pepper flakes (if using). Cook over medium heat for 30 seconds, stirring often.

3. Add the greens and stir for 1 minute to blend. Add the water and continue to sauté, stirring, until the greens are completely wilted.
4. Combine the tamari and maple syrup. Add to the greens, stir, and sauté for 3 minutes. Remove the greens to a platter with a slotted spoon. Bring to a boil and reduce the liquid in the pan to a syrup; drizzle over the greens. Serve immediately, garnished with toasted sesame seeds.

Variation: Add sliced radishes to the greens while they are sautéing.

***To toast sesame seeds, stir in a dry pan over medium heat until lightly browned.**

Recipe taken from The Whole Food Bible by Chris Kilham.