

Four Greens and Walnut Sauté

(makes 10 to 12 servings)

Ingredients:

- 1 bunch beet greens or kale
- 1 bunch collards
- 1 bunch dandelion greens
- 1 bunch mustard greens
- 1 tbsp extra virgin olive oil
- 4 cloves garlic
- sea salt to taste
- 1/2 cup walnut pieces

Directions:

1. Wash all greens and remove coarse stems.
2. Toast walnuts in a 350 degree oven for 10 minutes until fragrant.
3. Boil the washed greens in 6 to 8 cups of water for 10 minutes, uncovered.
4. Drain.
5. When greens are cool enough to handle, chop coarsely.
6. In a large skillet, heat the oil over medium heat. Add the garlic and Sauté briefly. Add the greens and continue to Sauté for 5 minutes. Add a pinch of salt to taste.
7. Add the toasted walnut pieces.
8. Serve immediately

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