

## Top Secret Tricks To Cooking Greens:

1. Chop well = they don't get slimy
2. Saute 3-5 minutes
3. Add something delicious the last minute

# COOKING 101

## BITTER GREENS

### Ingredients

#### Cooking fat 1-4 T.

- avocado oil
- coconut oil
- butter/ghee
- grass fed tallow

#### Allium, minced 2T-2c

- garlic
- onion
- shallots
- green onions

#### Greens, finely chopped 1/2 lb - 3 lbs

- chard
- kale
- spinach
- radish tops
- beet greens
- turnip greens
- collards
- mustard greens
- braising mix
- broccoli leaves

### Directions

- Heat 1-4T fat in a large pan .
- Add finely chopped allium cook until translucent.
- While cooking finely dice your greens.
- Add greens to alliums/fat in the pan saute until reduced, about 3-5 minutes.
- Add your last minute addition of choice.

### Optional Variations

- You can add something spicy like Sriracha sauce or Tabasco.
- For a lovely rich sauteed green, you can add some heavy cream.
- For non-dairy creamy greens, canned coconut milk.
- Sprinkle with nuts or seeds
- Add Parmesan

