



Recipes

Leafy Greens

Basic Blanched Greens

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

1 bunch leafy green (kale, collards, bok choy, chard etc.)

1/2 inch water in a pot

Umeboshi vinegar

Tamari

Flax oil

Directions:

1. Heat water in a large pot.
2. Chop or tear greens into bite-size pieces, removing stems.
3. Chop stems into small pieces.
4. When water boils, add stems and cook 1 minute.
5. Add leaves and cook another 3 minutes.
6. Strain through a colander and transfer to serving dish.
7. Add a bit of umeboshi, tamari and flax to taste.