



# Recipes

## Leafy Greens

### **Boiled Greens**

*Prep Time: 5 minutes*

*Cooking Time: 5 minutes*

*Yield: 6 servings*

#### **Ingredients:**

1 bunch collards, chopped  
1 bunch kale, chopped  
1 lemon, juiced  
Pinch of sea salt

#### **Directions:**

1. Bring a pot of water to a boil.
2. Add greens to boiling water and cook for 5 minutes.
3. Strain greens, save water and toss with the juice of the lemon and sea salt.

#### **Variations:**

Try using a lime instead of lemon or a dash of tamari instead of salt.  
For a bit of a roasted flavor, drizzle with toasted sesame oil.

#### **Note:**

Save cooking water for vegetable stock