



Recipes

Greens

Sautéed Greens with Pine Nuts and Raisins

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yields: 6 servings

Ingredients:

- 1/4 cup pine nuts
- 2 tablespoon olive oil
- 1/2 bunch mustard greens, chopped
- 1/2 bunch kale, chopped
- 1/2 bunch dandelion greens, chopped
- ½ teaspoons sea salt
- 1/3 cup raisins

Directions:

1. Toast pine nuts on a cookie sheet in a 325-degree oven for 5 minutes. Set aside.
2. Heat olive oil.
3. Add greens, sea salt and raisins. Stir and cook 5 minutes.
4. Turn off heat, add in pine nuts and transfer to serving dish.

Notes:

- * Sprinkle with lemon juice before serving.