

# Sautéed Greens



**Prep:** 15 minutes

**Cook:** 15 minutes

**Serves:** 4

*Ingredient Studio—Chefs Candy Argondizza & Marité Acosta*

1 pound of greens, spinach, kale or chard  
3 cloves of peeled garlic finely chopped  
4 tablespoons vegetable oil  
1/2 teaspoon salt  
1/4 teaspoon black pepper

## Optional

A nice addition to this dish is to add a splash of white or red vinegar at the very end of cooking, just about 2 tablespoons. Try adding a sprinkling of dried fruit, like raisins, at the end of cooking, especially if you added the vinegar. It creates a sweet and sour taste!



1. Remove the hard stems from the greens, discard.
2. Place the greens into a large bowl of cold water and move the greens around to remove the dirt. Lift the greens out and place into a strainer or colander and repeat with fresh clean cold water, until there is no longer any dirt in the bowl of water. Greens are often dirty so this is an important step.
3. Choose a large pot or pan and place on the stove using medium heat. Place a small amount of oil into the pan and carefully add some of the greens. Be careful, as the water on the greens might cause the oil to splatter. Sauté the greens in batches if they don't all fit into the pot/pan at one time. Stir the greens until wilted about 3-4 minutes.
4. Add the chopped garlic, lower the heat and cook until the greens are tender and excess water is gone, about 5-6 minutes.
5. Season with salt and pepper and serve while hot.

*Chef's Notes:* If you have a salad spinner, spin the cleaned greens, to remove excess water. If not, try to remove as much water as you can. Try not to over fill the pan/pot with your greens. It will slow down the cooking and the greens will release lots of moisture.