



EASY SAUTÉED GREENS

INGREDIENTS

- 1 handful of rainbow chard
- 1 handful of purple kale
- 1 handful of curly kale
- 1 handful of collard greens

(any of these greens can be substituted with a leafy green of your choice, my recommendation is to pick whatever is in season!)

- 3 cloves of garlic peeled and minced
- 1-2 tbsp of olive oil or butter
- Salt and pepper to taste
- 2-3 tbsp of red wine vinegar (or vinegar of your choice)

PREP TIME: 5 MINS

COOK TIME: 10 MINS

TOTAL TIME: 15 MINS

DIRECTIONS

- 1. Thinly chop all greens and remove any thick stems. Smash, peel and mince the three cloves of garlic.**
- 2. Add oil and garlic to a frying pan on med-high heat. Let garlic get aromatic in the pan.**
- 3. Add all chopped greens into the pan and wait for them to cook. Pour red wine vinegar over the cooking greens.**
- 4. Cook until greens have reduced in size and are starting to brown.**

Want Help? Watch a Video!



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