

BEVERLY'S SAUTÉED GREENS

Ingredients:

- 1-2 bunches of any greens (kale, spinach, etc.)
- 2 tbsp. canola or olive oil
- Salt or low-sodium soy sauce (optional)
- 1 tbsp. sesame seeds (optional)



Directions:

1. Rinse greens well
2. Heat oil in a large skillet on medium heat
3. Add greens to skillet and toss until well coated in oil
4. Sauté until greens are wilted but still bright in color (Amount of time will vary depending on your greens, for example 1-2 minutes for spinach or 4-5 minutes for kale)
5. Add a pinch of salt or a dash of soy sauce
6. Toss to coat evenly
7. Toss with sesame seeds if desired

