

Skillet Summer Greens

Ingredients:

3/4 pound greens (swiss chard, spinach, collards, or beet greens)
2 teaspoons vegetable oil
3 medium cloves garlic minced, or 1/8 teaspoon garlic powder
salt and pepper, to taste
1 tablespoon vinegar

Directions:

Coarsely chop the greens (include as much of the stems as possible). Heat the wok or a large heavy pan. Add oil and greens. Stir-fry for 3 to 5 minutes over medium heat. Add garlic, and stir-fry for 2 minutes more. Transfer to a bowl. Sprinkle with salt and pepper to taste, then toss with 1 tablespoon vinegar, until well mixed. Serve hot, cold, or at room temperature. Serves 2-3.

Recipe provided by the Massachusetts Department of Agricultural Resources