

# ASIAN-STYLE GREENS (SERVES 8)

## INGREDIENTS:

3 pounds greens (kale, collared greens, chard, etc.; about 3 or 4 bunches)

Optional: 2 slices ginger

1-2 tablespoons canola oil or extra virgin olive oil

2 tablespoons soy sauce, preferably low-sodium

1 teaspoon sugar

¼ cup water

Salt and pepper

## DIRECTIONS:

1. Wash the greens. (It's best to wash greens in a bowl of cold water, gently swishing them around. Lift the greens out of the water. If there's dirt in the water, rinse out the bowl, fill it with fresh water, and wash the greens again. Repeat this process several times until the water is free of dirt.) Dry the greens in a salad spinner or on clean paper towels or kitchen towels.
2. Remove stems from greens by either cutting or pulling them out. Finely chop the stems. Coarsely chop the leaves.
3. If using, wash and slice the ginger.
4. Heat a large frying pan, pot, or saucepan over medium-high heat for a couple minutes. Add oil. Add the ginger and cook, stirring, for 30 seconds, or until fragrant.
5. Add the chopped up stems, stir to combine, and cook, stirring, for about 2 minutes. Add the leaves and stir to combine. Add the soy sauce, sugar, and water, stir, cover, and cook for 2-3 minutes, or until the greens have wilted.
6. Season to taste with salt and pepper and serve.