

Greens with Carrots

Serves 8

- 8 cups roughly chopped greens like kale, collard, bok choy, mustard or spinach
- 2 large carrots
- 2 teaspoon oil
- 1 clove of garlic, minced
- 1 teaspoon ground coriander (if you wish)
- Salt and pepper to taste



Garnish

- 1 Tablespoon vinegar
- 1 ½ teaspoon soy sauce

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Garnish

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1. Wash greens and remove stems. Rough chop leaves.
2. Scrub and cut carrots into 2 inch long, thin strips.
3. Heat oil in large skillet. Add carrots and sauté 2 minutes. Add garlic and sauté 1 minute more.
4. Add greens, coriander, salt and pepper. Stir fry just until greens turn bright green and begin to wilt. Remove from heat.
5. Mix vinegar and soy sauce in small bowl.
6. Pour over top of greens.
7. Stir gently and serve hot.



Recipe adapted from Oregon State Extension

University of WI, U.S. Dept. of Agriculture and WI counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.



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