



## GRRReat Greens

1 bunch	Greens - collards, turnip greens, and/or kale (7 C fresh greens = 2 C cooked greens)
1/2	Onion, dices
2 tbsp	Olive oil
1 tbsp	Sesame seeds, toasted
	Lemon juice, to taste
	Salt, to taste

- Choose one or more types of greens: collards, turnip, or kale.
- Wash and slice.
- Sauté onion.
- Add sliced greens.
- Add water as needed to keep from scorching.
- Cook about 6 to 8 minutes.
- Season with lemon juice, olive oil, salt, and toasted sesame seeds.

From [\*Living Free\*](#), p 301