

Cook, grow, and live healthy.

Roots for Life envisions a thriving community where fresh, nutritious food is readily accessible. We work with any individual experiencing food insecurity and local shelters to support the houseless on a path **to cook, live, and grow healthy.**

www.roots-for-life.org @rootsforlifedc



SAUTÉED MUSTARD GREENS WITH GARLIC & LEMON

INGREDIENTS

- 2 tablespoons olive oil
- 4 garlic cloves, thinly sliced
- 3 pounds mustard greens, washed, trimmed, and chopped (about 24 cups)
- 2 tablespoons fresh lemon juice (from 1 lemon)
- .25 to ½ teaspoon crushed red pepper
- ¾ teaspoon kosher salt
- ¾ teaspoon black pepper

WHY ARE MUSTARD GREENS GOOD FOR YOU?

Mustard greens are rich in vitamin K and calcium, which are essential for bone health. At the same time the presence of vitamin C in mustard greens supports the immune system. Also, mustard greens are rich in vitamin A, which plays a key role in enhancing immune function.

HOW DO YOU PREPARE MUSTARD GREENS?

You can boil, steam, sauté, and even microwave mustard greens. Sautéing is the best method for maximum flavor, as it will help to preserve the taste and texture.



DIRECTIONS

1. Heat oil in a Dutch oven over medium. Add garlic; cook, stirring often, until garlic is golden brown and crispy, about 1 minute.
2. Stir in greens, in batches; cook until wilted, 1 to 2 minutes, before adding more greens.
3. Cover and cook, stirring occasionally, until tender-crisp, 10 to 12 minutes.
4. Stir in lemon juice and ¼ teaspoon crushed red pepper.
5. Sprinkle with salt and pepper. Stir in an additional ¼ teaspoon crushed red pepper, if desired.