

Quick and Delicious Way of Making GREENS

This is a very quick, nutritious, and easy way to make greens.

This recipe can be used for any **hard** leafy green (e.g.--Kale, Collard, Turnip, Mustard greens).

The greens should be well washed and chopped up into very small bite size pieces.

Use about 4-6 ounces per person.

To a moderately hot pan add about 1 tablespoon of oil and a dab of butter. Make sure butter melts.

Add your greens; they should begin to crackle almost immediately.

Wait a moment.

Then begin to turn them up from below and begin to go around the pan in a circle until they are all flipped over.

Continue to do this gradually at first and as they cook turn them over more quickly.

You want the greens to come to a **vivid** and **bright green color**.

At this point add your favorite salt. Turn off the heat.

Continue to turn as long as the pan is hot. Do not let the greens on the bottom get an excessive amount of heat or they'll burn.

The greens should be a **bright green** color but they should be **allowed to soften**.

When the greens are cooked to their peak they should be flavorfully tender and should give a delightful sweet taste.

You must use the right amount of heat, it should be a little on the hotter side. The trick is to quickly turn them before the heat becomes too much.

This should cook quickly within 5 minutes or so.

They should **not** come to the point of wilting and having a dark brown color! (*Slightly burnt edges* are okay).

This quick method of cooking should preserve the nutrient profile maximally.

The use of the oil with the butter will raise the temperature of the cooking process without burning any element that is cooking.

Cooking greens with this oil medium will allow the digestive tract to extract and maximally absorb the nutrients in the greens.