

Greens

Broccoli Rabe

Ingredients:

1 bunch broccoli rabe
2 cloves garlic
2 tablespoons olive oil
2 tablespoons water
pinch of sea salt

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Wash broccoli rabe and cut stems into 1-2 inch pieces.
2. Warm oil in pan and add garlic; sauté for a few minutes.
3. Add broccoli rabe and sea salt, then sauté for about 3 minutes.
4. Add water, cover and allow to steam for about 2 minutes. Check for desired tenderness.
5. If needed add a bit more water and allow to steam for a few more minutes.

Variations:

Serve with freshly grated parmesan cheese.

© Integrative Nutrition

Collards with Dill and Parsley

Ingredients:

1 bunch collard greens
1 cup fresh chopped dill
1 cup fresh chopped parsley
2 tablespoons olive oil
1 teaspoon black pepper
pinch of sea salt

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Wash collards, cut stems off and chop into small pieces and put aside. Stack leaves and roll them up, as you would a sushi roll, then slice from the end to create long strips.
2. Warm oil in a pan with black pepper, and add stems, sautéing for a few minutes.
3. Add collard greens and sea salt, then sauté for about 3 minutes.
4. Add water, cover and allow to steam for about 3-4 minutes, then remove from heat.
5. Add chopped dill and parsley, toss well and allow to sit uncovered for a few minutes, then serve.

Variations:

Mix the juice of a lime and a dash of cayenne. Toss with the greens for a little extra kick!

© Integrative Nutrition

Greens

Jumped Greens

Ingredients:

1 bunch kale
1 medium-size yellow onion, diced
1 clove garlic, minced
1/2 tablespoon fresh ginger, minced
2 tablespoons olive oil
sea salt

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Wash kale, cut stems off and chop into small pieces and put aside. Cut or tear leaves into small pieces.
2. Warm oil in pan, add ginger, garlic, and salt to taste. Sauté for one minute.
3. Add onion, sauté for a few more minutes.
4. Add kale, stir well and then add a splash of water. Cover and allow to cook for 2-3 minutes.
5. Check for desired tenderness and serve.

© Integrative Nutrition

Sautéed Broccoli

Ingredients:

1 bunch broccoli
1/2 cup grated carrot
1/4 cup toasted sesame seeds
1 tablespoon olive oil
sea salt and freshly ground black pepper

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Wash broccoli, cut off and peel the outside of the stalk, slice into pieces and put aside.
2. Cut the florets into bite-size pieces.
3. Warm oil in a pan, add stalk pieces; sauté for a few minutes.
4. Add broccoli florets, then sauté for about 2 minutes.
5. Add 3 tablespoons of water and grated carrots. Cover and allow to steam for about 3-4 minutes and remove from heat.
6. Add toasted sesame seeds, sea salt and black pepper. Serve.

© Integrative Nutrition

Greens

Swiss Chard Salad

Ingredients:

1 bunch rainbow Swiss chard, finely chopped
1/2 package baked tofu cut into bite-size cubes
2 cups red cabbage, shredded coarsely
2-3 carrots, grated
1 cup toasted walnuts

Oriental Dressing:

2-3 cloves garlic (pressed or chopped)
1/4 cup rice vinegar
1/2 cup walnut oil
2 tablespoons roasted sesame oil

Prep Time: 10 minutes

Yield: 6 servings

Directions:

1. Cut off stems of the Swiss chard and slice small, then chop leaves by rolling the chard into a tube and slicing thinly, creating narrow strips.
2. Blend all dressing ingredients and mix well. The dressing will last for a few days in the refrigerator.
3. Mix all salad ingredients and drizzle with dressing. Serve.

© Integrative Nutrition

Morella's Favorite Greens

Ingredients:

1 bunch kale
1 medium sized onion or 2 leeks
1 big fistful of pine nuts
1 big fistful of raisins
2-3 cloves minced garlic (optional)
2-3 tbsp coconut oil (olive oil can also do)
1/8 cup of water
Salt + pepper

Prep Time: 5 minutes

Cooking Time: 8-10 minutes

Yield: 3-4 servings

Directions:

1. Chop the onion. Wash the kale, tear it or cut it into bite-sized strips.
2. Warm the oil over medium heat in a large sautéing pan. Add the onions/leeks and sauté for 5 mins. until they're soft. If you are using garlic, add it now and sauté for another minute.
3. Add the kale and sprinkle with salt & pepper. Add the water and cover the pan. Let the greens wilt, which will only take 2-3 minutes. Turn off the heat as soon as they're wilted.
4. Add the pine nuts and raisins. Stir it all together and serve.

Variations:

- Substitute the kale for any other green leafy vegetable you like: Swiss chard, spinach, etc.
- Substitute the pine nuts for walnuts, pecans or any other nut or seed.

© Transformation One