



TODAY'S MAIN INGREDIENT

Sautéed Greens

This recipe is offered by Jane Bollinger, producer of *Today's Main Ingredient*

INGREDIENTS – Serves 4 to 6

1 bunch chard (about 3/4 pound)
1 bunch kale (about 1/2 pound), stems removed & cut into wide ribbons
2 Tablespoons olive oil
1 teaspoon minced garlic
salt & pepper
1 Tablespoon fresh squeezed lemon juice

STEP 1 – Bring a large pot of water to boil and salt lightly. Separately wash the chard and set aside to drain. Wash the kale (should be about 10 cups), then drop them into the boiling water and cook until tender, 3 to 4 minutes. Drain and set aside.

STEP 2 – Tear the chard leaves from its stems. Bundle the leaves and cut into wide ribbons. Trim the stems and remove any stings, then slice on a diagonal about 1/4 inch thick (should have about 8 cups of leaves and 1 heaping cup of stems).

STEP 3 – Heat the oil in a large sauté pan and add the chard stems and garlic, 1/4 teaspoon of salt and pinch of pepper. Cook covered over medium heat, 2 to 3 minutes, until the stems are translucent.

STEP 4 – Turn the heat to medium-high, add the chard leaves and cook until wilted, 3 to 4 minutes. Add the drained kale and cook until all the leaves are completely tender, 1 to 2 minutes more.

STEP 5 – Add the lemon juice just before serving and season to taste.