

glorious greens | 3 SUPER FOODS READY IN 10 MINUTES

*After the greens are clean and chopped, the cooking takes less than 5 minutes. So make this just before you are ready to eat.

ingredients: (serves 4)

1-2 bunches of **dark greens**; kale, collard, etc (1 bunch will make a small serving, 2 will make a large one: it's up to you)

1/4-1/2 cup of water

1/2 teaspoon of **umeboshi vinegar** or lemon juice

directions:

1. Remove the leaves from the stems of the greens
2. Wash in a bowl of cold water. Lift the greens out of the water. The dirt will sink to the bottom.
3. Roughly chop the greens.
4. In a sauté pan, heat the water until boiling. It should cover the bottom of the pan with a thin layer of water.
5. Add the chopped greens and cover. Cook until tender, adding more water if necessary to prevent burning. Stir occasionally, add umeboshi vinegar or lemon juice.
6. If you make 2 bunches, you may have to cook them in 2 batches.
7. Serve with the **tahini** sauce or a dressing of your choice.

QUICK PREP	★★★★☆
EASY PREP	★★★★★
NUTRITION	★★★★★
ECONOMICAL	★★★☆☆

nutrients:

High in vitamin K (essential for blood clotting and absorption of calcium), vitamin A (vision, viral infections), vitamin C (immune support, 1 c supplies 88% of daily vit C needs), Calcium (healthy bones w/out the problems of dairy), fiber

Consumption of cruciferous vegetables, such as kale, is known to reduce the risk of a number of cancers, especially lung, colon, breast, ovarian and bladder cancer. Research also reveals that crucifers provide significant cardiovascular benefits as well.

Go to www.HealthyAlterEgo.com and search on "Healthy Food Experience" to find all HFE recipes.