



## Native Foodways Recipes

### Market Greens

Market greens include kale, chard, beet greens, spinach, or any other seasonal green that you can find at a farmers' market, grocery store, or in your CSA/food distribution box. Market greens absorb a great deal of flavor when cooked and are a great and nutritious addition to any meal.

#### Ingredients

- 1 bunch greens, chopped
- 1 lemon, juiced
- ¼ cup orange juice
- 1 cup chopped mushrooms, can replace with bullion or stock
- 3 cloves garlic, minced
- 2 Tbsp. sunflower oil
- 1 tsp. sea salt



#### Preparation

Over medium heat, sauté mushrooms, garlic, and oil. Once browned, add greens, orange juice, and lemon juice so liquid covers bottom of the pan, but greens are not submerged. Add water if more liquid is needed. Do not stir or mix the greens or liquid, allow them to steam on top of the mushrooms and garlic and broth, this will help your greens retain color and texture. Cover with lid and simmer on low for 5 – 15 minutes, or to desired tenderness. Salt to taste, enjoy!

*Note:* When cooking more tender market greens such as chard or spinach, limit cooking time to 3-5 min. For thicker leaved greens such as cabbage, use a longer braising time of 15-20min.

