

Leafy Green Saute

1 bunch chard or kale or any other leafy green, washed and cut into bite size pieces

1 bunch of spinach, washed and cut into bite size pieces

3-4 mushrooms, sliced

1 medium onion, sliced

2 cloves garlic, smashed

Oil just enough for sautéing preferably organic and labeled for high heat intensity

Braggs and/or Celtic sea salt and fresh pepper to taste

Place the onions and the oil in a heavy pan and saute on medium high heat for a few minutes till the onions are translucent add greens and garlic and continue sautéing till wilted being careful not to scorch the greens. Drizzle lightly with a good quality organic olive oil and braggs and/or salt and pepper. Enjoy!