

# Mustard Greens



*Peppery mustard greens simply sauteed with onions, garlic, and olive oil and a dash of sesame oil to finish.*

**Yield:** Serves 4.

## INGREDIENTS

- 1/2 cup thinly sliced onions
- 2 cloves garlic, minced
- 1 Tbsp olive oil
- 1 pound mustard greens, washed and torn into large pieces
- 2 to 3 Tbsp chicken broth or vegetable broth (vegetarian option)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dark sesame oil

## METHOD

**1** In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

**2** Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.