

Garlicky Greens

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing the Greens

- 2 tbsp olive oil
- 2 tbsp shallot or red onion, diced
- 3 cloves garlic, minced
- 3 cups dark greens of your choice
- 1/2 tsp sea salt
- freshly ground black pepper, to taste

First, gather and prepare your mise en place.

To prepare the greens, place a fry pan on medium heat until hot. Add the olive oil, onion and garlic, stirring constantly until onions are translucent and golden.

Add the dark greens, tossing well and making sure the onions and garlic do not burn.

Season with sea salt and pepper then serve warm.