

## **Lisa's Favorite Mixed Greens**

For those of you who have not yet experienced greens other than frozen spinach, this recipe will be a treat! Mushrooms and lemon are calming to the spirit, and the bitter flavor of the greens helps to nourish the heart. Greens are rich in chlorophyll which is considered to be the blood of the plant, and therefore nourishing to the blood. This is comfort food at its nourishing best :-)

½ lb. kale or other mixed greens, washed thoroughly and coarsely chopped (endive, swiss chard, spinach, mustard greens, arugula, collard greens, etc. – use anything you find that looks fresh and brightly colored. Organically grown is preferable.)

¼ tsp. red pepper flakes (optional)

2 cloves garlic, minced

½ cup sliced mushrooms

juice of ½ lemon

1 Tbsp. extra virgin olive oil

2 Tbsp. water

salt to taste (try starting with ½ tsp., and add from there)

freshly ground black pepper to taste

Heat olive oil in a heavy skillet over medium heat. Add the garlic and red pepper flakes (if you are using them). Sauté for 1-2 minutes and add the mushrooms. Sauté for another 1-2 minutes and add the greens. The pan will be VERY full – it is ok to add several handfuls at a time, adding more as the greens begin to shrink. Add the water and salt, stir well. Cover, and steam for 5-10 minutes over low heat. Cooking time will vary by the freshness of the greens and which greens you choose. They should be completely wilted and tender, but still have a fresh green color.

Add the lemon juice and stir well. Taste for salt and add black pepper to taste. Serve immediately.

In my house, this makes 2 generous servings and we're often wishing we had more. If you are less passionate about greens, this will serve 4 as a side dish.