SESAME SAUTEED GREENS

Ingredients:
1/2 medium Puget Sound Fresh onion, chopped
1 clove Puget Sound Fresh garlic, chopped
1 bunch green Puget Sound Fresh chard
3 Tblsp olive oil
2 Tblsp sesame oil
1 bunch Puget Sound Fresh turnip tops
1 bunch Puget Sound Fresh beet greens
2 Cups Puget Sound Fresh cabbage, coarsely chopped
salt and pepper to taste
1 Tblsp sesame seeds

In a skillet, over medium heat, toast the sesame seeds in the oil until they begin to pop. Quickly add onions and garlic and sauté until the onions begin to soften. Add cabbage, green chard, beet greens, and turnip tops. Sauté until greens begin to wilt. Add sesame oil and sauté, stirring to mix flavors. Add salt and pepper to taste. Cabbage should be al dente and greens wilted.

Serve with roasted fowl or favorite veggie entrée.

From: Kelly Cannon, Full Circle Farm, Carnation, WA

FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS
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This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.