

Green leafy vegetables are a key part of a healthy diet. They are rich in essential vitamins and minerals as well as antioxidants. Green leafies have fallen by the wayside in most American diets, so many people do not have experience with them. The two main keys are that they are lightly cooked (not raw) and a hint of vinegar helps cut the potential bitterness that many people find unpalatable. Here is my favorite recipe for collard greens and swiss chard.

Greens with Plum Vinegar and Dill

2 bunches Swiss, or Rainbow Chard or Collard Greens, rinsed and coarsely chopped
½ mid sized yellow or red onion coarsely chopped
1 Tbs Olive Oil
1 Tbs water
1-2 Tbs Umeboshi (Ume) Plum Vinegar
1 Tbs dry dill weed

heat large skillet 1 min on med heat
add 1 Tbs olive oil to warmed skillet
add chopped onion and sauté lightly 1 min, or until onions become clear
Add chopped Greens and water, stir to coat with oil
Cover skillet and allow to steam / sauté for 1-2 min,
until greens turns bright green, but before they wilt
Add Ume plum vinegar and dill, toss / stir to coat,
Cook 30 seconds more