



## **EAT GREENS!--*but I don't know how!***

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I like to remind my patients to 'eat greens' but often, they don't know what I mean, or how to cook them. So here's a quick guide!

*What are greens?* They are deep green leaves, not lettuce! They are jammed with nutrients, and actually help you digest meat and deal better with dietary fat--that's the 'bitter' quality that aids the Chinese Heart. All are tasty, and easy to cook. Some are 'warming' (kale, mustard greens) and some are 'cooling' (spinach, chard). Try them all and find your favorites. Eat greens several times a week for better digestive and gut health.

### **Group 1: Can eat raw. Cooks in 5 minutes: SPINACH**

Wash fresh spinach gently in plenty of water. Drain. Tear it coarsely and put into large pot. *Do not add more water.* Turn heat on low and simmer 5 minutes. It's ready to serve.

### **Group 2: Cooks in 10 minutes: CHARD**

Cut dry ends off stalks. Rinse leaves if needed. Using a large knife, cut leaves and stalks into wide ribbons. Keep the stalks--they are sweet. Put chopped chard into a large pot and add a bare ¼ cup water. Bring to boil, then simmer on low heat, covered, about 10 minutes. Test a piece of stalk. If it's tender-crisp, it's ready to eat.

### **Group 3: Cooks in 30-45 minutes: COLLARDS, KALE, TURNIP GREENS, MUSTARD GREENS, BEET GREENS**

Wash and pick over as needed. Using a large knife, cut leaves and stalks into very fine narrow ribbons. Pile these into your large pot. Add just enough water to barely cover. Bring to boil, then down heat to simmer for 30-45 minutes until tender. When fully cooked, the flavor will be bitter-sweet. These greens hold their shape and are excellent added to a stew or soup.

### **What to do next:**

All the greens are good 'as is.' If you want to add some other flavors, try meat juice or a bit of marmite; some olive oil, or some butter. Many people like to add crushed garlic or hot sauce. In Brazil, collards are often served with orange slices. A traditional southern dish features greens with black eyed peas--great for crock-pot cooking. In France, chard is often baked in a cheesy white sauce. You can add spinach to roll-up sandwiches, or pile ribbons of cooked greens on top of baked chicken cutlets. A meat stew, or vegetable soup, is improved by adding greens: Add Group 3 near the beginning of the cooking time, but if you choose Groups 1 or 2, add near the end of the cooking time. Greens are very flexible, so--invent your own combo!