



CREAMY GREENS

gluten-free, soy-free, dairy-free, no oil added option*

SERVES 4

INGREDIENTS

1 to 2 tablespoons olive oil (*water sauté to make these oil-free)

1 small onion
(You will only use ½)

2 cloves garlic, minced

1 large bunch fresh greens like collards, kale, and/or spinach

½ cup coconut milk

¼ teaspoon nutmeg

¼ teaspoon salt

⅛ teaspoon pepper

1 teaspoon tapioca or cornstarch, optional

INSTRUCTIONS

- ① Make sure to wash your hands for 20 seconds with soap and running water before you begin and frequently throughout your cooking session. Clean the surface you'll be working on and your cutting board with hot soapy water.
- ② For the onion and the garlic: Remove the outer skin. Rub by hand or scrub with a clean brush while rinsing under running tap water. Chop half the onion to use in the next step. Mince the garlic.
- ③ Thoroughly rinse the greens under running tap water and dry in a salad spinner or with clean paper towels. Remove the stems, and tear the leaves into small pieces. You should have 6 to 7 cups of prepared greens when you're finished.
- ④ Heat a soup pot over medium heat and add the oil if you are using it. Add the onion and sauté for about 5 minutes or until translucent. Add the garlic and sauté a minute or two more.
- ⑤ Add the greens about 2 cups at a time as they cook down. Once they have all been added and wilted, stir in the coconut milk, nutmeg, salt and pepper, and cook for 3 to 4 minutes more, until it's piping hot and steaming.
- ⑥ If you'd like to thicken the sauce, spoon out a tablespoon of liquid from the greens with a clean spoon and in a small cup, mix in the starch of your choice. Add the mixture back to the greens and cook until thickened.
- ⑦ Enjoy your leftovers! Refrigerate them at 40 °F or below within two hours.

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.

Separate: Don't cross-contaminate.

Cook: Cook to the safe internal temperature.

Chill: Refrigerate or freeze promptly.

RECIPE COURTESY OF: **Kathy Hester** | HealthySlowCooking.com



Learn more about food safety at StoryOfYourDinner.org

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