



Creamy Greens

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

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients	Directions
<p>1 to 2 tablespoons olive oil (*water sauté to make these oil-free)</p> <p>1 small onion (You will only use ½)</p> <p>2 cloves garlic, minced</p> <p>1 large bunch fresh greens like collards, kale, and/or spinach</p> <p>½ cup coconut milk</p> <p>¼ teaspoon nutmeg</p> <p>¼ teaspoon salt</p> <p>⅛ teaspoon pepper</p> <p>1 teaspoon tapioca or cornstarch, optional</p>	<ol style="list-style-type: none">1. Wash hands with soap and water.2. Scrub the onion and garlic with a clean vegetable brush under running 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.

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