

Greens over Grains Recipe

Ingredients

- 4 Tablespoons olive oil
- 3 cloves garlic, peeled and minced
- 1 inch piece ginger, peeled and minced
- 6 bunches dark leafy greens (chard, kale, bok choy, spinach), stems removed, leaves torn into bite size pieces
- 5 Tablespoons soy sauce
- 2 Tablespoons sesame oil
- 2 Tablespoons rice vinegar
- *Whole Grain of your choosing

Directions

1. First, heat olive oil in a wok over medium heat. Add garlic and ginger and sauté until you hear a sizzle.
2. Second, add in greens and sauté until leafy greens are soft, about 10 minutes.
3. Third, in a small mixing bowl, whisk together soy sauce, sesame oil and rice vinegar. Pour over the greens, stir, and cook for 1 minutes.
4. Fourth, serve greens over a whole grain and enjoy!