

## **Cooked Greens**

## **Ingredients:**

Amount	Unit	Item	Preparation
(1,.50,	(cup, Tbsp, g,	(egg, chaya leaves,	(crushed, diced, whole)
8)	ml)	sugar)	
2	Tbsp	oil	
		salt	
1/4	cup	onion or 3 garlic chives	chopped
	Heaping double handful	clean leaves	

## **Recipe Instructions:**

- 1. Heat small amount of oil over medium heat and sauté onions or garlic chives
- 2. Chop leaves into small pieces
- 3. Add leaves and sauté until they are 'wilted' (stir frequently so they do not burn)
- 4. Pour in just enough water to cover the greens
- 5. Stir in a dash of salt
- 6. Bring to a boil and cook for 3-5 minutes

http://edn.link/3hkndf