RECIPE

Greens Cooked in Olive Oil and Lemon

Chard and kale boiled tender and dressed warm with olive oil, garlic and lemon, the way greens are eaten as a meal on Ikaria.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 1 large bunch Swiss chard (about 12 oz)
- [ ] 1 large bunch kale (about 10 oz), or dandelion greens
- [ ] 3 tbsp olive oil
- [ ] 2 cloves garlic, thinly sliced
- [ ] 0 tsp salt
- [ ] 2 tbsp lemon juice (about 1 lemon)
- [ ] water for the pot

Method

1. Bring a large pot of water to a boil. Leave the salt out of the water; the chard brings its own. Strip the kale leaves off their stems and throw the stems away. Cut the chard stems into ½-inch pieces and tear all the leaves into large pieces.

2. Boil the chard stems 3 minutes, then add all the leaves and push them under. Boil 5 to 8 minutes more, until the stems are tender and the kale is soft. Up here water boils at about 203 °F, so this takes a few minutes longer than at sea level, and turning up the heat will not hurry it.

3. Drain the greens in a colander and press gently with a spoon to let the water run off.

4. Put the empty pot back on low with the oil and garlic. Warm 2 minutes, until the garlic is soft and pale gold, not brown. Add the greens and the salt and turn them in the oil for 1 minute.

5. Take the pot off the heat, add the lemon juice and toss. Taste, and add more lemon if you like. Serve warm or at room temperature.

6. Cool leftovers within 2 hours, then refrigerate, covered, up to 3 days. Eat them cold or warmed in a skillet.