

WILTED SUPER GREENS WITH ONION AND FENNEL

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Super simple and quick cooking, wilted greens make a terrific vegetarian main course or a complimentary accompaniment for fish and seafood, chicken, pork, tofu, chickpeas or eggs.



Photo: Canva

Using packaged super greens (usually baby kale, spinach and chard) makes for easy preparation and provides a nutrient-dense super punch. The addition of sweet onions and fennel brings a richness to the flavor profile.

If using full-sized kale leaves, remove stems, slice and blanch them first to shorten sauté time. Bacon is optional in the recipe, so leave it out for vegan or vegetarian versions. If using bacon, less salt may be required so begin with the lower amount shown, then taste and adjust as needed.

For recipe variations, consider garnishing with pine nuts, chopped almonds or walnuts, dried cherries, or pomegranate seeds.

Makes: 2 - 3 servings

INGREDIENTS

2 tablespoons olive oil

1/2 sweet onion, peeled and thinly sliced

1/2 fennel bulb, washed, thinly sliced

2 strips of bacon, no added sugar or nitrates, diced (optional)

1 small clove of garlic, minced

5 ounces packaged super greens, washed and thoroughly patted dry or spun in salad spinner

3 tablespoons juice or apple cider, no added sugar

1/4 - 1/2 teaspoon Kosher salt

1/8 teaspoon ground black pepper

DIRECTIONS

1. In a large sauté pan or skillet, heat the oil over medium heat. Add the onion, fennel and bacon, if using. Sauté until the veggies are soft and lightly caramelized and the bacon is fully cooked, about 5 minutes. Add the garlic and sauté 30 second more.
2. Add the super greens and apple cider. (It may seem like a large amount of greens, but they will cook down.) Use tongs to gently combine the greens with the other ingredients. Allow the greens to wilt but not brown, about 2 - 3 minutes. Season with salt and pepper, taste and adjust as needed.
3. Serve immediately.

NOTE: Leftover wilted greens may be stored in a covered container in the refrigerator for up to one week.