



Greenmarket Recipe Series



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HONEY-GLAZED BITTER GREENS WITH KOHLRABI & CAMELIZED RED ONIONS

Serves: 6-8

Ingredients:

- 1 pound bitter greens* (mustard greens, chard, kale, escarole)
- 1 pound (2 large) kohlrabi bulbs with leaves*
- 2 tablespoons extra virgin olive oil
- 1 medium red onion, sliced
- 1 tablespoon honey*
- 2 teaspoons apple cider vinegar
- ¼ teaspoon sea salt
- Pinch black pepper

Directions:

1. Cut the leaves off the greens and discard the stems. Cut the leaves into 1-inch pieces.
2. Cut off the greens from the kohlrabi and chop into 1-inch pieces. Peel the bulbs and finely dice.
3. In a skillet heat olive oil. Add red onion; let onion get lightly browned before stirring. Continue to cook them, stirring only as needed, until evenly caramelized, about 7-8 minutes.
4. Add diced kohlrabi and sauté until lightly golden, about 5-7 minutes.
5. Stir in honey, vinegar, sea salt, and black pepper.
6. Add greens; sauté 3-4 minutes until wilted. Serve immediately.

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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