



SAUTÉED MUSTARD GREENS & CHERRY TOMATOES WITH DILL

Recipe by Natural Gourmet Institute

SERVES 6-8

Ingredients:

- ¼ cup extra virgin olive oil
- 1 large onion, diced
- ½ teaspoon sea salt
- 2 tablespoons minced garlic (about 4 small cloves)
- Pinch of black pepper
- 1 pint cherry tomatoes,* quartered
- 2 pounds mustard greens*
- 2 teaspoons white wine vinegar
- 1 tablespoon chopped dill*

Procedure:

- 1. Heat olive oil in a large skillet over medium heat. Add onion and salt; sauté until translucent, about 5 minutes. Stir in garlic and black pepper and cook for 1 minute, being careful not to burn.
- 2. Add cherry tomatoes and sauté until broken down, tossing occasionally, about 7 minutes.
- 3. Add mustard greens and sauté until wilted, about 3 minutes. Stir in white wine vinegar. Garnish with fresh dill and serve.

*Ingredients available seasonally at your neighborhood Greenmarket

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