

## *Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

### **Superfood Series: Leafy Greens**

**From Chef Hans:** With leafy greens, you may have heard that the darker the greens the better. Color is so important in providing higher quantities of folic acid and other phytonutrients. There are so many great ones to try that pack a nutrient-dense punch.

Contrary to what our grandmothers may have thought, you don't have to cook your greens for hours on end. Personally, I don't like to cook my greens but rather I threaten them to keep much of their structure intact while bringing out the delicious flavors. This warm leafy green salad can be made in a flash!

*Serves – 1-2*

#### **INGREDIENTS:**

- 1 full pinch of Mustard seeds
- 1 tbsp olive oil
- 1/4 of a white onion, chopped or sliced
- 2 garlic cloves, minced or roughly chopped
- 1 cup lacinato kale
- 1 cup collard greens
- ½ apple
- Salt, to taste
- White wine vinegar

#### **DIRECTIONS:**

- Start by dry toasting your mustard seeds in a hot pan.
- Add olive oil and continue toasting.
- Add chopped garlic and onion and let those aromatics sweat on medium-high heat.
- Remove stems and roughly chop kale and collards.
- Toss in kale and collards for a quick sauté.
- Core and dice your apple - *you may want to remove the skin if your apple isn't organic.*
- Add in ½ diced apple and let it all warm up together for just a little bit.
- Turn off heat and continue "carryover cooking" the dish for a few more seconds.
- Serve with some salt and white wine vinegar, to taste, and enjoy!