Sautéed GREENS

3 bunches greens, sliced or chopped (kale, collards, chard, bok choy)
3 Tablespoons olive oil
1 inch piece ginger, minced
8 cloves garlic, minced
4 Tablespoons soy sauce
2 Tablespoons sesame oil
1 Tablespoon rice vinegar (optional)

Wash the greens in cold water - remove the round stems (kale, collards) and slice the flat stems (chard, bok choy). Put the leaves and stems in separate bowls.

In a heavy bottomed pot, heat the olive oil over medium heat and stir in the ginger and garlic. When they begin to sizzle, add the flat stems and cook for 1-2 minutes. Add the greens, and when they are half cooked, add the soy sauce, sesame oil, and rice vinegar. Cook until tender and serve over grains.

The Edible Schoolyard Project is dedicated to transforming the health of children by designing hands-on educational experiences in the garden, kitchen, and cafeteria that connect children to food, nature, and to each other.