

Sauteed Mustard Greens, Spinach, and Yellow Pepper (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

The spinach and sweet pepper nicely balance the strong flavor of the mustard greens. The onion and garlic round out this side dish.

Serves 4 as a side dish

1 lb mustard greens

1 lb spinach

2 Tbsp extra virgin olive oil

2 onions, thinly sliced

1 Tbsp minced garlic

1 fresh jalapeno pepper, stemmed, seeded, and minced (optional)

½ cup water

1 yellow pepper, stemmed, seeded, and cut into small dice

¼ tsp salt

Wash greens and cut or strip leaves from stalks. Discard the stalks. Chop leaves into ½ inch strips. Cut roots and stalks from spinach bunches and wash in several changes of water. Chop roughly. Set aside.

Using your largest skillet or stockpot, heat oil over medium heat. Add onions and sauté for 10 minutes, until soft and golden. Add garlic and jalapeno and sauté until cooked, 3-4 minutes longer.

Turn heat to medium high, and stir in mustard greens. Add the water, cover, and cook for 3-4 minutes. Stir in spinach and yellow pepper, cover, and cook for 3-4 minutes, stirring several times to cook greens evenly.

Season with salt and serve hot.