

**Stir-Fry of Mustard Greens, Kale, and Leeks** (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

*A treat for taste buds with spicy mustard, mild kale, and sweet leeks and carrots.*

Serves 3-4

4 cups mustard greens

4 cups kale

1 Tbsp peanut or canola oil

2 leeks, white and light green parts, washed and thinly sliced

salt to taste

2 large carrots, peeled and cut into matchsticks

Wash the mustard greens and kale and strip or cut leaves from stalks. Roughly chop the kale and mustard greens into bite-size pieces. Measure 4 cups of each and set aside.

Heat a large wok. Add the oil and swirl to coat pan. Add the leeks and stir-fry for 1-2 minutes.

Add the kale, mustard greens, and a pinch of salt and stir-fry over high heat for 1-2 minutes. Add 3-4 Tbsp water plus the carrots, then cover and cook for 3-4 minutes, or until greens are wilted and tender. Check occasionally, adding more water if necessary to keep the greens from sticking to the wok.

Adjust seasonings and serve immediately.