

Coconut Milk Braised Greens

Source: Kim Rush Lynch, Cultivating Health (inspired by Whole Foods Market)

Serves: 2-4 servings

Ingredients:

- 2 bunches of collard greens, kale or mustard greens (or combination), about 1 lb. total, stemmed and roughly chopped
- 2 TBSP coconut oil (or olive oil)
- 1 small yellow onion, thinly sliced
- ¼ cup coconut milk
- 1 TBSP lemon juice
- Black pepper to taste
- Sea salt to taste
- Thai or Genovese Basil (optional)
- Red pepper flakes (optional)
- Grated ginger (optional)

Directions:

1. Bring a large pot of salted water to a boil. Add greens and cook for 2 minutes. Drain well and set aside.
2. Meanwhile, heat oil in a large skillet over medium heat. Add onions and red peppers and cook, stirring often, until soft and translucent, 5 to 7 minutes. Add reserved greens, coconut milk, basil and lemon juice.
3. Stir well and simmer until tender, 5 to 7 minutes more.
4. Season with salt and pepper and serve.