

Greens over Grains



SAUTÉED GREENS

INGREDIENTS:

- 2 bunches greens, sliced or chopped (kale, collards, chard, bok choy)
- 3 Tablespoons olive oil
- 1 inch piece of ginger, grated or minced
- 4 cloves garlic, minced
- 4 Tablespoons soy sauce

OPTIONAL: 2 Tablespoons sesame oil, 1 Tablespoon rice vinegar

DIRECTIONS:

1. Wash the greens in cold water. Remove the ends of the stems and cut greens into bite-sized pieces.
2. In a heavy bottomed sauté pan, heat the olive oil over medium heat. When oil is shimmering, add greens and two tablespoons water. Cook for 2-3 minutes.
3. When greens are about half-cooked and water has evaporated, add garlic, ginger, and soy sauce, as well as sesame oil and rice vinegar (if using).
4. Cook until greens are tender and serve over grains with a fried egg on top.

STOVE TOP RICE

INGREDIENTS:

- 2 cups rice
- 2 cups water

DIRECTIONS:

1. Rinse the rice under cold water.
2. Bring the water to a boil in a medium saucepan with a lid.
3. Add the rice. Reduce heat, cover and simmer for 16-20 minutes, until water is absorbed.
4. Rest, covered, off heat for 10 minutes, fluff with fork and serve.

NOTE: If using a rice cooker, follow the manufacturer's directions for ratio of rice to water.

FRIED EGG

INGREDIENTS:

- 1 egg
- 1/2 teaspoon butter

DIRECTIONS:

1. Melt butter in small sauté pan until bubbling.
2. Crack egg into butter. Cover when the edges begin to turn white (after about one minute).
3. Cook for four minutes for a runny yolk, five minutes for a medium yolk, and six minutes for a hard yolk.

HOW TO VIDEO:

<https://tinyurl.com/tldnk6e>