

Light

STEAMED LEAFY GREENS (Kale, collards, watercress, mustard greens, dandelion greens, carrot tops, chinese cabbage, etc. but NOT spinach)

1. Wash and slice any of the above vegetables.
2. Place vegetables in small amount of boiling water (one-half inch) or in a stainless steel steamer
above about one inch of boiling water.
3. Cover and steam or boil for two to three minutes, depending on the texture of the vegetables.
4. Transfer quickly to a serving dish to prevent overcooking.

Notes:

The vegetables should be a bright green color and crispy. Wait until the water is fully boiling before you put in the vegetables. You may lightly sprinkle shoyu/soy sauce over the greens at the end of the cooking.

You may serve plain or, occasionally, add a few drops of brown rice or umeboshi vinegar.

When boiling, do not cover the pot with a lid or the greens will lose their bright green color.