

Another Healthy Recipe from



Sautéed Dandelion Greens



Dandelion greens are cooked with chopped onion, minced garlic, chili pepper, then topped with grated Parmesan cheese.

Ingredients:

1 pound dandelion greens
1/2 cup chopped onion
1 clove garlic, minced
1 whole small dried hot chili pepper, seeds re-moved, crushed
1/4 cup cooking oil
salt and pepper
Parmesan cheese

Preparation:

Wash greens well. Cut leaves into 2-inch pieces. Cook greens uncovered in small amount of salted water until tender, about 10 minutes. Sauté onion, garlic, and chili pepper in oil. Drain greens; add to onion garlic mixture. Taste dandelion greens and season with salt and pepper. Serve dandelion greens with grated Parmesan cheese.