

Njeri's Garlicky Greens with Leeks

Ingredients:

- 2 bunches of Kale (organic preferred)
- 2 bunches of collard Greens (organic preferred)
- 1 large sweet / Vidalia onion chopped fine (use onion infused oil if FODMAP Sensitive)
- ½ - 1 head of fresh garlic chopped fine (Use Garlic Infused Oil if FODMAP Sensitive)
- 1 medium to large leek (washed thoroughly and thinly sliced horizontally from green tops to white bottoms)
- ¼ cup Olive oil (Use
- 2 -3 Tablespoons salted butter
- Fresh ground black pepper
- Optional (½ - 1 teaspoon sea salt) to taste



Directions:

1. Prep:
 - a. Wash greens thoroughly, stack the leaves and roll them together in a bunch, then slice the entire rolled bunch down the middle and then chop the leaves crosswise to get 1 inch sized leaves
 - b. Wash your leek and chop it coarsely in thin rings c. Mince your onion and garlic
2. In a large pot heat your olive oil and saute your onions for 5-10 minutes until soft and caramelized
3. Add your chopped leeks and garlic and saute for another 5-10 minutes until soft
4. Season with fresh ground pepper
5. Add your Collard greens and stir thoroughly to get the oil, onions and garlic coated on the leaves
6. Add your Kale and stir thoroughly to get the oil, onions and garlic coated on the leaves.
7. Add 2-3 cups of water depending but do not cover the greens in water.
8. Add 2 – 3 Tablespoons of salted butter
9. Cover the pot and Let simmer on low to medium heat for 1 hour - 1.5 hours or until the leaves are tender. You may need to add a little more water and cook longer or shorter based on your texture preference.

Njeri's Garlicky Greens with Leeks

10. NOTE if you opt to not add SALT, be sure to cook a second vidalia onion until carmalized to add addiional flavor and or use rice wine vinegar to sprinkle over your greens just before eating.