



Healthy Power Greens' Soup or Side Dish

Amazing – serve it your way, soup, side, or snack

- 1 bunch fresh collards or Swiss chard
- 3 ounces fresh spinach leaves
- 1 Tablespoon olive oil
- 1 cup onion, finely chopped
- 2 celery ribs, thinly sliced
- 1 tomato, chopped
- 3 garlic cloves, minced
- 1 lemon, zest peeled; juice removed
- 1/2 teaspoon salt
- 1/8 teaspoon ground red pepper or as desired
- 1/4 teaspoon ground black pepper
- 1 to 2 teaspoons lemon juice
- Season salt and black pepper to taste
- 2 ounces small asiago cheese cubes

For Soup: 4 cups bone broth or vegetable broth
For Snack or Side Dish: plain dipping chips

Cut the Greens: Separate the collard stems from the leaves; set stems aside for another use. Stack the collard leaves; slice them into ½ inch strips. Set aside. Slice spinach leaves; set aside. .

Sauté Onions and Celery: In a large skillet heat olive oil; add onions and celery, sauté, stirring occasionally until onion starts to brown, about 6 or 7 minutes.

Prepare Greens: Reduce heat to medium low, add tomatoes, garlic, lemon zest, salt, red pepper, and black pepper. Cook stirring often until tomatoes become juicy and start to break apart. About 3 minutes. Add half the collard leaves; cook, stir until leaves begin to wilt; then toss in remaining collard leaves until starts to wilt; add the spinach leaves; toss to wilt. Stir in lemon juice. Season to taste with salt and black pepper. Before serving, toss in cheese cubes; serve warm.

To Serve as a Snack or Side Dish: Place on serving plate; garnish with dipping chips. Serves: 2 to 4

To Serve as Soup: In a small soup pot, warm bone broth until hot; stir in desired amount of prepared greens and diced cheese cubes. Serve in small bowls. Serves: 4

Recipe Inspired by: Chef Uri Scheft's recipe for Bourekas

Cook's Note: I usually use the stems of the greens, herbs, onions, garlic, bits of tomatoes, spice favorites, or other vegetables when preparing bone broth. These greens are many times discarded but have lots of nutrients. Bone broth can be purchased or prepared from any type of bones. The gelatin/collagen in the broth adds rich flavor and gives the broth its healing and antiaging properties.

About the Recipe: Greens are a rich source of magnesium, calcium, antioxidants, and Vitamin K. They also provide key nutrients that benefit your eyes. Have lots of fun with this recipe and serve your greens just the way you like them, a snack, side dish, or soup.

