

Red Chard and Dandelion Greens with Ginger and Sesame

Ingredients

- 2 tablespoons vegetable oil
- 1 teaspoon asafoetida (available in Indian stores, also known as hing)
- 2 tablespoons finely minced ginger root
- 1 bunch red chard
- 1 bunch dandelion greens
- 2 tablespoons Braggs Coconut Aminos or low-sodium soy sauce
- 2 tablespoons of water
- 1 tablespoon sesame seeds
- 1 tablespoon toasted sesame oil

Instructions

1. Wash the chard and dandelion greens. Cut the stems in ½ inch pieces and set a set aside. Chop the leaves into ¾ inch strips and set aside.
2. Heat the vegetable oil in a large skillet over medium-high. Add the minced ginger and cook until it begins to sizzle and become aromatic.
3. Add the asafoetida and the chard and dandelion stems and toss well in the oil and cook for 2 minutes or until the stems begin to soften.
4. Add the leaves and continue to cook in the oil for another 1 minute.
5. Lower the heat and add the Braggs Coconut Aminos and water. Toss well and cover the pan allowing the greens to wilt down for another 2 minutes or until the desired tenderness.
6. In a separate dry pan gently toast the sesame seeds until fragrant and golden brown. Shake the pan frequently so the seeds do not burn.
7. Add the toasted sesame seeds to the greens and drizzle with the toasted sesame oil.
8. Serve warm.