

Garlic Sautéed Greens

This dish is immune protective and high in bioflavonoids. Garlic is one of our most reliable antifungal plants. Human studies also suggest that it has antiviral activity. I use two cloves of garlic but if that's too strong for you, decrease to one clove. Cooking the garlic will mellow the sharpness. Use fresh garlic whenever possible to get the best immune protective effect. Pine nuts increase the essential fatty acid and protein content. And of course the greens pack the nutrient power punch, providing bioavailable folic acid, vitamins A, C, and K, minerals and antioxidants. All of which are necessary fuel for our immune systems.

SUPPLIES

12" sauté pan
Garlic press
Measuring spoons
Spatula

INGREDIENTS

2-3 tablespoons olive oil
1/4 teaspoon sea salt
1/8 teaspoon ground pepper
2 cloves organic garlic, crushed
1 tablespoon water
2 tablespoons pine nuts
5-6 ounces prewashed young greens - spinach, chard, kale, or a mix of these

DIRECTIONS

1. Preheat pan on medium-high heat
2. Add the olive oil, minced garlic, and pine nuts
3. Add the water to prevent the garlic from burning and stir
4. Cook just until garlic starts to brown, about three to four minutes
5. Add greens and stir occasionally
6. Sauté until greens are wilted, about another three to four minutes
7. Remove from heat and serve

Check out the [How To video](#) on the Video Blogs page of my website DrCrista.com.