



Meryl refreshingly healthy

Greens with Sundried Tomato, Shallots and Mushrooms

Serves 4.0

Ingredients:

4 cloves Garlic, chopped
2 tbsps Shallots, chopped, chopped
1 dash White Pepper
2 cups Kale, Chopped
4 Slices of Sun Dried Tomato, chopped,
1 cup Mushroom, sliced
2 tbsps Mirin (Rice cooking wine) or Sherry Wine,
2 tbsps Coconut oil, Organic; 100% organic expeller pressed naturally refined

Recipe Directions:

Heat skillet over medium heat. Add coconut oil, then the shallots. Allow shallots to caramelize about 6-8 minutes. Lower heat and add garlic. Lightly sauté garlic, caution not to burn the garlic. Raise heat and add the Mirin or Sherry Wine, allow to reduce until half of the liquid is gone. Add in the mushrooms, then the sun dried tomato, cook for two to three minutes and then add the greens, salt, and pepper and cook just until greens are wilted. Remove from heat and serve.

Suggestion: You can add the juice of a quarter of a fresh lemon or a dash of Umeboshi Plum Vinegar** to the veggies after you remove them from the heat.

**Caution: Ume Plum Vinegar is quite salty, be careful when adding it. Use small amounts and add to taste.

Nutrient Analysis:

Calories: 119.65	Protein: 3.14 g	Carbs: 11.03 g	Total Fat: 7.14 g
Sat Fat: 6.02 g	Sodium: 438.72 mg	Fiber: 2.53 g	