



WOKKY GREENS

SIDE DISHES

BLACK WOMEN FOR WELLNESS *Kitchen Diva Recipes*

FOR MORE INFORMATION CALL

323.290.5955

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INGREDIENTS

3-4 lbs of mustard greens (all clean and rough chopped)
1 anaheim pepper
1 clove of garlic chopped
1 small red onion chopped
1 cup Cherry or Pearl Tomatoes chopped
1/2 tbs Grape seed oil

INSTRUCTIONS

This is a fast moving recipes so make sure everything is ready and prepared before starting. In your wok add the grape seed oil with medium heat.

Add garlic, red onion, anaheim pepper and stir fry until ingredients are a bit transparent. Add first batch of mustard greens (remember they shrink a lot) turn up the heat to medium high and stir the greens as you continue to the rest of the greens. Add tomatoes and stir fry another 3-4 minutes. Remove and serve

Serving Suggestions

Makes a wonderful side add brown rice, tofu complete the meal

Substitute greens

Swiss Chard, Red Swiss Chard, Dinosaur Kale, Kale, Beet Tops, Turnip Greens

Not a good idea

Spinach (way too light) Collard Greens (a bit too heavy)