

NYBG

EDIBLE ACADEMY
SUMMER SOLSTICE WEEKEND



SAUTEED SWISS CHARD, KALE AND SPINACH

Prepared for the Edible Academy Solstice Weekend by
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Ingredients

- 1 cup chard
- ½ cup green kale
- 1 cup baby spinach
- 1 teaspoon olive oil
- ½ cup honshimeji mushrooms
- 1 teaspoon sesame oil
- 1 ½ tablespoon almonds
- 2 teaspoon balsamic vinegar
- 1 teaspoon honey
- Salt and pepper, to taste
- 1 teaspoon garlic, chopped

Instructions

Slice all the greens Swiss chard, kale, spinach in ¼ inch bias. Set aside. Heat up a medium sauté pan and add the olive oil to the pan. Sautee chard and kale separately for 2-3 minutes. Lightly season with salt and pepper. Combine both greens after cooking and add the spinach. Mix all greens together in a bowl and add spinach so that it will get cooked from the residual heat. Set aside in a bowl.

In a sauce pot, add the balsamic vinegar. Heat the vinegar until it reduces almost half of the portion and the liquid start thickening up. Add honey and set aside till room temperature.

Drizzle on the cooked greens to give the acidic and sweet flavor.

Heat a sauté pan and add sesame oil on medium heat. Add the mushrooms, cook for at least 5-6 minutes and add salt and pepper. Add mushrooms to the cooked greens to give that umami flavor.

Heat up oil in a sauté pan and add chopped garlic and chopped almonds. Toast till golden brown, add salt and pepper to taste. Add to the greens for texture and crunchiness.

Serve and enjoy!