



Lemon Almond Sautéed Greens

Recipe Provided By: Canadian Diabetes Association

Recipe Source: Cookspiration.com

Recipe Info

Makes: 4 servings

Ingredients

- 1 tbsp (15 mL) vegetable oil
- 1 clove garlic, minced
- 6 cups (1.5 L) lightly packed chopped Swiss chard (or 8 cups/2 L trimmed spinach)
- 1 cup (250 mL) shredded cabbage
- 1 tsp (5 mL) grated lemon zest
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) freshly ground black pepper
- 1½ tsp (7 mL) freshly squeezed lemon juice
- 2 tbsp (30 mL) sliced almonds, toasted

Instructions

Step 1

In a large, deep skillet or wok, heat oil over medium-high heat. Sauté garlic for 30 seconds or until fragrant. Add Swiss chard, cabbage, lemon zest, salt and pepper; sauté for about 2 minutes or until chard is slightly wilted.

Step 2

Stir in 1 tbsp (15 mL) water, cover and boil, stirring occasionally, for about 2 minutes or until vegetables are just tender.

Step 3

Stir in lemon juice and sauté, uncovered, for 1 to 2 minutes or until vegetables are tender and most of the water has evaporated. Serve sprinkled with almonds.

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