



**Many Hands Organic Farm and
Sustainability Center**

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Braised Mixed Greens with Fresh Peas

from Mary Lou Conna

Serves 2-4

Ingredients:

- 8 oz. (about 8 cups) lightly packed mixed hearty greens-mustard, chard, kale, collards
- 2 Tbsp olive oil
- 1 med onion chopped
- 1 large clove garlic chopped
- 2 cups chicken stock or water
- 2 cups fresh peas, shelled (can use frozen)
- salt and pepper to taste

Directions:

1. Chop greens into 1" wide ribbons and set aside
2. In a large skillet or flame proof casserole, heat olive oil over medium heat. Add onion and cook, stirring occasionally for 10 minutes or until onion is translucent. Add garlic and cook 2 minutes more.
3. Add greens and stir for 5 minutes or until they wilt.
4. Add enough water or stock to just cover greens (careful; not too much). Bring to boil. Lower heat and cook partially covered for 25 minutes until liquid has almost completely evaporated.
5. Add fresh peas (or thawed frozen ones). Continue to cook for 5 minutes and peas are bright green and tender.
6. Add salt and pepper to taste.

Serve as a side dish or over barley or bulghur.

Comments from Leigh Belanger:

I mix my greens and use the stems of the chard but not the kale or collards, and I rarely use the 2 full cups of water (or stock). I check it during the 25 minute cooking stage. It is a great hit with my family, some of whom don't like chard or kale or collards. They all like this.