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Waukesha County  
UW Extension

# Farmers Market Fresh

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## Greens with Carrots

*Ingredients:*

Serves 8

8 cups roughly chopped greens (kale, collard, bok choy, mustard etc.)

2 large carrots

1 clove of garlic, minced

1 tsp ground coriander (optional)

2 tsp olive or canola oil

salt and pepper to taste

Garnish:

1 tbsp vinegar

1 1/2 tsp soy sauce



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.  
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## Directions:

1. Wash greens and remove stems. Rough chop leaves.
2. Peel and julienne carrots.
3. Heat oil in large skillet. Add carrots and sauté two minutes. Add garlic and sauté one minute. Add greens, coriander, salt and pepper. Stir often.
4. When greens have turned bright green and began to wilt, remove from heat.
5. Combine vinegar and soy sauce and sprinkle mixture over top of greens.
6. Toss gently and serve.

This recipe was modified from Oregon State University Extension Service's FoodHero.org Website.

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