

## Stir-Fried Baby Greens with Ginger and Garlic

A diabetic-friendly recipe

### Ingredients:

- 1 tablespoon canola or safflower oil
- 2 teaspoons peeled and minced fresh ginger
- 1 teaspoon minced garlic
- 1 pound mixed baby greens for cooking, well rinsed and drained but not dried
- Pinch of kosher salt



### Directions

1. Place a wide, deep saucepan over medium-high heat until hot enough for a drop of water to sizzle and then immediately evaporate.
2. Add the oil, ginger, and garlic and heat just until the garlic begins to sizzle, about 10 seconds.
3. Add the greens all at once, and using tongs or two wooden spoons, toss and stir to coat with the oil and seasonings.
4. Cover and allow the greens to steam with the droplets of rinsing water until tender, 9 to 12 minutes; the timing will depend on the varieties in the mix.
5. Season with salt.
6. Transfer the greens to a warmed serving dish and serve immediately.

*Makes 4 servings*

***To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.***