

## Braised Dandelion Greens

2-4 servings

2 bunches dandelion greens bottom stems cut off

1 large onion cut in half and thinly sliced

6 garlic cloves, chopped

½ tsp red pepper flakes

½ cup chicken or vegetable stock or water

2 Tb extra virgin olive oil (optional)

Celtic sea salt

- Bring a pot of salted water to boil add dandelions, cook them uncovered for 5 minutes until just tender. Drain, cool and squeeze out the water
- Chop the leaves into 1" pieces
- Heat stock in a sauté pan on medium low
- Add onions, water sauté on low 5 minutes until softened
- Add garlic and red pepper flakes sauté 1 minute
- Increase heat to medium, then add dandelion greens
- Simmer 3-5 minutes to further soften the dandelions. If they are small leaves simmer less, big leaves more.
- Taste, add salt if necessary
- Finish with a drizzle of 2 Tb extra virgin olive oil olive oil

Cooks' note: Dandelion greens can be boiled 3 days ahead. Chill, wrapped in paper towels, in a sealed bag