

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

For people like me who really don't like stewed or sauteed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead.

Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.