



Catherine Isabelle DeVos, CNP, NNCP
Certified Nutritional Practitioner, Cancer Survivor, Lecturer

Kale & Beet Greens with Garlic (Vegan)

3 cloves garlic, chopped
1 med. vidalia onion, chopped
Small handful sundried tomatoes
3-5 chopped mushrooms (chose your favourite)
1-2 tbsp coconut oil
1 large bunch chopped lacinato kale (lower thick stems removed)
1 small bunch beet greens chopped and washed thoroughly
Salt and pepper to taste

Sauté onion and garlic in coconut oil in a large fry pan thoroughly until soft. Add mushrooms and then after a few minutes add greens. Add tomatoes.

Cook for about 10 minutes on med. heat until greens are soft. Add a few tablespoons of water to prevent burning if greens become too dry. When ready to serve, top with parmesan cheese, and a dash of Himalayan salt and freshly ground pepper.

Note: 3 tablespoons fresh parmesan cheese (grated) can be added