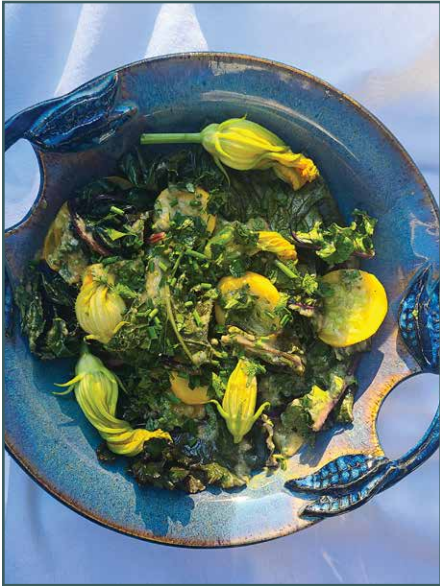




PANFRIED GREENS & ZUCCHINI WITH TAHINI LIME SAUCE



Ingredients

Vegetables

4 cups Swiss chard
3 cups kale
2 cups zucchini, sliced
4-8 zucchini flowers (optional)
2 tbsp cooking oil

Dressing

2 tbsp olive oil
2 tbsp tahini
1 tbsp soy sauce
1 tsp maple syrup
1 tsp lime zest
¼ cup lime juice
¼ cup garlic cloves, minced or roasted and mashed
1 cup fresh herbs, chopped (chives, cilantro, parsley, etc.)



Instructions

Servings
4

Prep Time
10 mins

Stove Time
10 mins

Total Time
20 mins

1. Make the dressing: In a mixing bowl, combine the olive oil, tahini, soy sauce, maple syrup, lime zest, lime juice, and minced or roasted garlic cloves. Mix until the ingredients are well combined and the dressing is smooth. Set aside.
2. Chop the fresh herbs, then set aside.
3. Prepare the vegetables for frying: Wash and dry the Swiss chard and kale leaves. Remove any tough stems. You can keep the leaves whole or cut them into smaller pieces. Slice the zucchini into rounds.
4. Heat the cooking oil over medium heat in a large frying pan.
5. Add the leafy greens and pan fry for 3 minutes, stirring constantly.
6. Add the sliced zucchini and cook for another 3-5 minutes until they start to soften and develop a light golden color.
7. Add the zucchini flowers and cook the greens for an additional 1-2 minutes.
8. Transfer the fried greens to a serving plate and drizzle liberally with the tahini-lime dressing. Toss the vegetables to coat them evenly in the dressing.
9. Sprinkle with chopped fresh herbs. Serve immediately while the veggies are still warm.