

Greens

2 WAYS

SAUTEED CHARD & BACON

SERVINGS: 3-4

PREP TIME: 5 MIN

COOK TIME: 15 MIN

Ingredients

1 bunch of Swiss Chard (or kale)
2-3 Garlic cloves, diced
6 rashers of bacon, chopped
Olive oil
Salt & Pepper to taste

Directions

1. Separate chard leaves from the stalk, & chop both.
2. Fry bacon in pan, remove when cooked
3. Sautee garlic in the bacon grease (add olive oil if needed) Remove when light brown & fragrant (2-3 min)
4. Sautee chard in the same pan until just wilted (about 5 mins) add back in bacon & garlic & cook for another 1-2 mins to combine flavours. Season to taste



KALE SALAD WITH BACON & DATES

BASED ON TODAY'S PARENT RECIPE

SERVINGS: 4

PREP TIME: 10 MIN

COOK TIME: 5 MIN

Ingredients

8 rashers of bacon, chopped
1 bunch of kale, chopped
4 dates, chopped
1/2 red onion, sliced
Fresh Parsley (optional)
For the dressing:
1 tbsp grainy mustard
2 tbsp mayonnaise
1 tbsp white wine vinegar
1/2 tsp honey
2 tbsp olive oil
1/4 tsp black pepper

Directions

1. Fry bacon until crispy, remove from pan
2. Whisk together the mustard, mayo, vinegar, & honey. Slowly drizzle in olive oil and whisk to combine, season with pepper.
3. Massage kale for a minute to soften it
4. Place chopped kale in bowl and toss with dressing
5. Top with onion, bacon, and dates.
6. Serve with a fresh parsley garnish if desired.

