

Savory Sauteed Mizuna

Ingredients: Serves 2

- 1 bunch mizuna, about 10 oz
- 2 cloves garlic, crushed
- 2 tbsp oil
- 1 tsp fish sauce
- 1/4 fresh lemon
- Salt and pepper to taste

Directions:

- 1) Wash and drain mizuna. Roughly chop into 1 inch segments and set aside.
- 2) Place a wide and shallow pan over high heat and add the 2 tbsp of oil.
- 3) Add the crushed garlic and stir for about 5 seconds.
- 4) Add the greens to the pan and saute for about 1 minute. The mizuna should be soft but still crisp.
- 5) Add the fish sauce and salt. Stir around to distribute evenly.
- 6) Garnish with a squeeze of lemon and pepper. Serve warm or room temperature.

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Nutrition per serving:

164 Calories

12 g fat

274 mg sodium,

4 g Carbohydrates

0 g Sugar

5 g Protein

