

Garlicky Greens with Lemon

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Leafy greens are high in chlorophyll, crucial for protecting the liver and ridding the body of toxins. They're also rich in nutritious antioxidants called carotenoids. An ample dose of garlic boosts circulation and increases liver enzymes that remove toxins.

Recipe Yield: 4 servings

Recipe Calories: 31

Recipe Ingredient Details:

1/2 cup low-sodium vegetable broth

3 cloves garlic (minced or pressed)

2 cups chopped kale leaves ((stems discarded))

2 cups chopped escarole or curly endive

2 cups chopped Swiss chard leaves and stems

Zest of 1 lemon

Recipe Instructions: Place broth and garlic in a large sauté pan and cook over medium heat, stirring occasionally, until broth is reduced by half, about 5 minutes. Add kale and escarole (or endive); stir to mix and cook, uncovered, for 2 minutes. Add chard and cook until just tender, 1–2 minutes. Toss in lemon zest and serve immediately.

Recipe Additional Notes:

PER SERVING: 31 cal, 9% fat cal, 0g fat, 0g sat fat, 0mg chol, 2g protein, 6g carb, 2g fiber, 76mg sodium

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