

Martha Stewart Mixed Greens

Courtesy of marthastewart.com



Makes: 6 servings

Ingredients:

- 1 pound spinach or other tender, leafy green
- 1 pound cabbage
- 2 tablespoons vegetable oil
- 1 onion, sliced
- 1/2 red bell pepper* seeded and minced
- 1 tablespoon white vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

*Substituted for the Scotch bonnet pepper

Preparation:

1 Rinse the spinach & cabbage. With some water still clinging on, shred the greens and cabbage and put them in separate bowls.

2. Heat the oil in a large skillet over medium-high heat and add the onion and Scotch bonnet pepper. Cook, stirring, for 2 minutes. Add the cabbage and mix it together, cooking for 2 minutes more. Add the spinach, stirring as it wilts and mixes with the cabbage. Add the vinegar, reduce the heat to medium-low, cover, and simmer for 5 minutes. Stir in the salt and black pepper.

Nutrition Per serving: 115 calories; 5 g fat, 16g carbs, 4 g protein, 79mg sodium