

Soy and Sesame Greens

from [AMIE EDELSTEIN](#)

Serves 1–2, depending on how much you like your greens

Ingredients

1–2 T sesame seeds (with or without hulls)

1 t sesame oil

2 t flavorless oil (like safflower, peanut, grapeseed)

1 medium clove garlic, coarsely chopped

1 bunch dark, leafy greens (kale, spinach, chard, turnip greens, etc.),
ribs removed and coarsely chopped

Salt

1 T water

1 T good soy sauce, or to taste

Preparation

In a small, dry sauté pan over medium heat, toast the sesame seeds, tossing occasionally until they are fragrant and have a golden color, about 3–5 minutes. Keep an eye on the seeds; they can burn easily.

In a 10-inch skillet, heat the oils over medium heat. Add the garlic to the pan and sauté about 10 seconds. Add the greens to the pan, along with a tiny sprinkle of salt. Cook for about a minute, until the greens start to wilt.

Add the water to the pan and cover. Turn the heat to low, and cook until the greens are as tender as you like them. Start checking them after about 3 minutes.

Tip: The more tender greens like spinach and chard cook more quickly than do the sturdier greens like kale and collards.