

# *Braised Cauliflower Greens*



## INGREDIENTS

- 1 bunch of cauliflower greens
- 1 tablespoon olive oil
- 1/4 cup finely diced onion
- 1 large minced garlic clove
- 1/4 teaspoon red pepper flakes
- 2 cups water or stock
- 2 pieces of bacon cut into half inch pieces (optional)
- 2 tablespoons light brown sugar
- 2 tablespoons apple cider vinegar

## INSTRUCTIONS

1. Rough chop the greens into bite sized pieces. Place in bowl of cold water and swirl around to remove any soil. Drain in colander.
2. In a lidded pot, heat olive oil over medium heat. Add bacon (optional) and cook until crisp.
3. Add onions and cook until slightly golden.
4. Add garlic and cook until slightly golden.
5. Add red pepper flakes, greens, salt and pepper, apple cider vinegar, brown sugar and half (one cup) of the water or stock to the pot. Stir well, Once simmering reduce heat to medium low and cover. Let simmer for an hour, stirring occasionally.
6. As liquid evaporates add remaining stock to pot.
7. After one hour, taste to see if they are tender. You can cook longer if you want!
8. Gobble up all the vitamins in this delicious green.