

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Sauteed Green + Bacon

6 cups (1.5 L) market greens - bok choy, Swiss Chard, Beet Greens, kale, cabbage, etc., cleaned and sliced
1 tbsp Extra Virgin Olive Oil
4 strips sugarless bacon
1 onion, peeled and diced
1/4 cup apple cider vinegar
1 cup vegetable or chicken broth
1 cup kimchi (optional)

Wash the greens and remove the tough stems. Cut them into 1-inch slices and then into 2-inch pieces. Set them aside.

Warm the oil in a large skillet. Dice the strips of bacon into 1-inch pieces and cook in the skillet until crispy. Remove the bacon to paper towel to drain. To the bacon grease, add the diced onion and cook until the onion is soft, about 5 minutes. Add the greens and cook until wilted, another 8 minutes.

Push the wilted greens to one side of the skillet and add the apple cider vinegar and broth. Bring to a boil, stir up the brown bits from the bottom of the skillet and cook for another 10 minutes or until the liquid is almost all evaporated. Season generously with sea salt and black pepper.

Optional: add a cup of kimchi and stir well. Let it sit until the kimchi is warmed through.

Plate and enjoy.



Recipe courtesy of food writer, Lynn Ogryzlo
Photograph courtesy of www.skinnytaste.com
Episode #68: Apple Cider Vinegar

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!