

## **GREENS WITH PIZZAZZ**

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### Ingredients:

- 1 onion, any color, chopped
- 1 clove garlic, pressed or minced
- 1 tbs. olive oil
- 1 hot pepper, chopped (jalapeno, paper dragon, cayenne)
- OR 1/4 cup chopped hot pickled peppers, drained - reserve juice
- reserved juice or herb vinegar (cilantro is nice) or
- 1/2 grapefruit, de-veined and de-skinned)
- 1-2 oz vegan soy cheese
- greens of your choice

### Directions:

Sauté onion and garlic in olive oil until translucent. Add hot pepper. Chop, slice, or rip greens into bite-sized pieces, add herb vinegar or juice from pickled hot peppers to keep greens steaming and not browning. Cook until almost done. Add grapefruit pieces and stir until warmed through. Then add cheese - don't melt. Serve immediately.

Believe it or not, the grapefruit balances the hot pepper nicely and the cheese adds a smoothness, in addition to protein, to make this a very nutritious meal.

Serves: 2

Preparation time: 20 min