

## INGREDIENTS

- 1 teaspoon olive oil
- 1 bunch fresh carrots, trimmed and sliced ¼ inch thick
- 1 tsp pepper
- 1 tsp salt
- 1 bunch tender mustard greens chopped, rinsed and drained (but not dried)
- Pinch freshly grated nutmeg
- 1 fresh lemon wedge

# sautéed carrots and mustard greens

TIME: 15 MIN  
SERVINGS: 4



Adapted from: Sautéed Carrots and Mustard Greens - Atlanta Magazine



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# sautéed carrots and mustard greens

## PROCEDURE

1. Heat oil in sauté pan over medium high heat. Add the carrots; sprinkle generously with pepper and a pinch of salt. Cook without stirring 2 to 3 minutes, then toss and cook until just fork-tender, 2-3 more minutes. Remove from pan and set aside.
2. Add greens, stir, then cover and cook for 2 to 3 minutes, until just tender. Return carrots to the pan, sprinkle with a grating of nutmeg, add a squirt of lemon juice and toss to combine. Taste and adjust seasonings.



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