

## **Asian-style Winter Greens**

- 1 tablespoon canola oil
- 2 garlic cloves, minced
- ½ inch piece ginger, peeled and minced
- 1 big bunch of greens, such as collards, kale, Swiss chard, bok choy, spinach or arugula, washed and chopped
- 1 tablespoon oyster sauce
- 2 teaspoons low sodium soy sauce
- 2 teaspoons rice vinegar
- 1 teaspoon sugar
- 2 tablespoons sesame seeds (optional)

In a large skillet, heat oil over medium high heat. Add the garlic and ginger and sauté for 30 seconds, stirring constantly so they don't burn.

Add greens and sauté until wilted, 5-10 minutes (delicate greens will cook in a shorter amount of time than heartier greens.)

While greens cook, whisk together oyster sauce, soy sauce, vinegar and sugar in small bowl. Add sauce to greens and cook another 2 minutes. Remove from heat. Sprinkle with sesame seeds and serve.