

# Garden Chef Medley of Greens Over Creamy Parmesan Polenta

- 4 Cups Kale leaves, chopped with stems removed
- 2 Tbsp Extra virgin olive oil
- 1 Medium shallot, thinly sliced
- 1 Garlic clove, crushed
- ½ Tsp Crushed red pepper flakes
- 1¾ lb Assorted greens (such as kale and Swiss chard), stems removed and thinly sliced
- Sea salt
- 1 Tbsp Apple cider vinegar
- 2-3 Tsp Vegetable broth or water
- Freshly ground pepper

In a large skillet heat olive oil over medium heat. Add shallots when oil is hot. Cook, stirring often, until just soft. About 2 minutes. Add garlic and cook 30 seconds. Add red pepper flakes and cook 30 seconds. Add greens, tossing to cover with the oil. Add salt.

Cook over medium heat for 3-4 minutes until greens start to wilt. Add apple cider vinegar. Add vegetable broth if needed to keep greens moist. Keep tossing and cook an additional 5 minutes or so until greens are all wilted and tender.

## Creamy Parmesan Polenta

- 4 Cups Water
- 1 Tsp Salt
- 1 Cup Polenta
- ¼ Cup Parmesan Reggiano

In a medium saucepan, bring water to a boil. Add salt. Gradually add polenta and stir with each addition. Reduce heat to medium low and stir frequently. For softer polenta, add additional water. When cooked, stir in cheese.



ATLANTA BOTANICAL GARDEN

Recipe by Edible Garden Chef Amanda Dew Manning