

## Basic Recipe for Green Leafy Vegetables

(serves 6)

(The amount of ingredients used varies with the type of vegetable and the style of the dish)

4 - 6Tbs

(Varies with the type of vegetables)

2 small bulbs (2-4 T)

Flavoring agent/garnish

1 lb.

¼ cups (4 - 6 Tbs)

1 - 1 ¾ cups

Canola/Peanut/Corn Oil

Shallot, thinly sliced, or garlic,  
whole cloves or minced,  
(see chart below)

Green leafy vegetable, cut into  
2" segments

Medium Dry Sherry

Chicken Broth

1. Heat saute pan until it just starts to smoke
2. Add oil, then shallot or garlic, let it brown to caramelize
3. Add flavoring agents such as ginger or dried shrimp if used, toss to coat evenly with oil
4. Add vegetable, fold/turn vegetable quickly but gently to let the oil coat all the leaves and stems
5. Saute until the vegetable turns a vibrant green color with an even sheen of oil
6. Add sherry to deglaze, mix vegetable well with the sherry
7. Add chicken broth / high quality broth, turn the heat to medium/low to simmer, constantly turning the vegetable over
8. Lift vegetable from the broth to plate and ladle a little broth over the vegetable
9. Drizzle a little oyster sauce if desired

Nutrition Facts	
Serving Size (132g) Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 280mg</b>	<b>11%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 100%	Vitamin C 110%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

<b><u>Asian Vegetables</u></b>	<b><u>Flavoring agent / Garnish</u></b>
Choy Sum	Sliced shallots, braised dried shitake mushroom*
Bak Choy (White stem cabbage)	Crushed garlic, ginger slices, and/or mushrooms
Shanghai Cabbage (green stem)	Crushed garlic, dried shrimps, dried scallops
Watercress, chopped into ½ inch segments	Minced garlic, sesame oil, roasted sesame seeds
Spinach	Minced garlic and/or shallot
Won Bok / Napa Cabbage	Crushed garlic, dried shrimps/scallops, dried shiitake mushroom
<b><u>Other vegetables</u></b> (can use olive oil instead of canola oil, simmer in broth longer)	
Broccoli (cut into small florets)	Sliced shallot, garnish with toasted almonds
Zucchini (slices)	Sliced garlic or minced shallot, minced onion
Asparagus (use only top 2/3 of each stalk)	Minced shallot or onion, add a little butter to oil if desired
Chard, Kale (rough chopped into 2-3 inch segments)	Sliced garlic and/or shallot, add a little butter if desired, garnish with sauté mushrooms, lemon zest