

# Creamed Greens

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

*Swick*

## Preparing the Dish

First, gather and prepare your mise en place.

To prepare the dish, bring a fry pan to medium heat. Add the dark greens and sauté for a few minutes, stirring frequently. Add the vegetable stock and continue to stir the greens as they begin to steam. Add the Cashew White Sauce and combine to coat the greens well.

When the greens are wilted and the white sauce has thickened remove from heat.

Serve as a side dish or over brown rice for a nice light meal.

## Step 1: Preparing the Dish

- 4 cups dark greens of choice, stemmed and ripped or chopped
- 1/2 cup vegetable stock
- 1/2 cup of Basic White Sauce
- pinch of freshly ground black pepper
- flaked sea salt for finishing (optional)