

Garlic-Sautéed Plantain Greens


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Herbal
— by Cheryl Jabz —

Makes: 2–3 servings



INGREDIENTS

- 4 cups young plantain leaves
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- Black pepper to taste
- Pinch of red pepper flakes, optional



INSTRUCTIONS

1. Wash the leaves thoroughly and remove the tough stems.
2. Blanch the leaves in boiling water for 2–3 minutes.
3. Drain, cool, squeeze out excess water, and chop.
4. Heat the olive oil in a skillet over medium heat.
5. Add the garlic and cook for 30 seconds.
6. Add the chopped greens and sauté for 3–4 minutes.
7. Season with salt, pepper, and optional red pepper flakes.
8. Finish with lemon juice and serve warm.



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